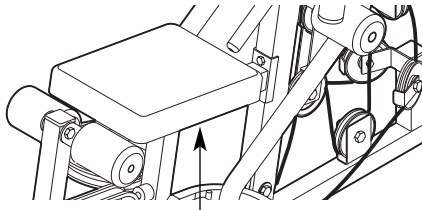


# **NordicTrack® GRT 950**

**Model No. NTSY59210**

**Serial No.** \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

## **USER'S MANUAL**

### **QUESTIONS?**

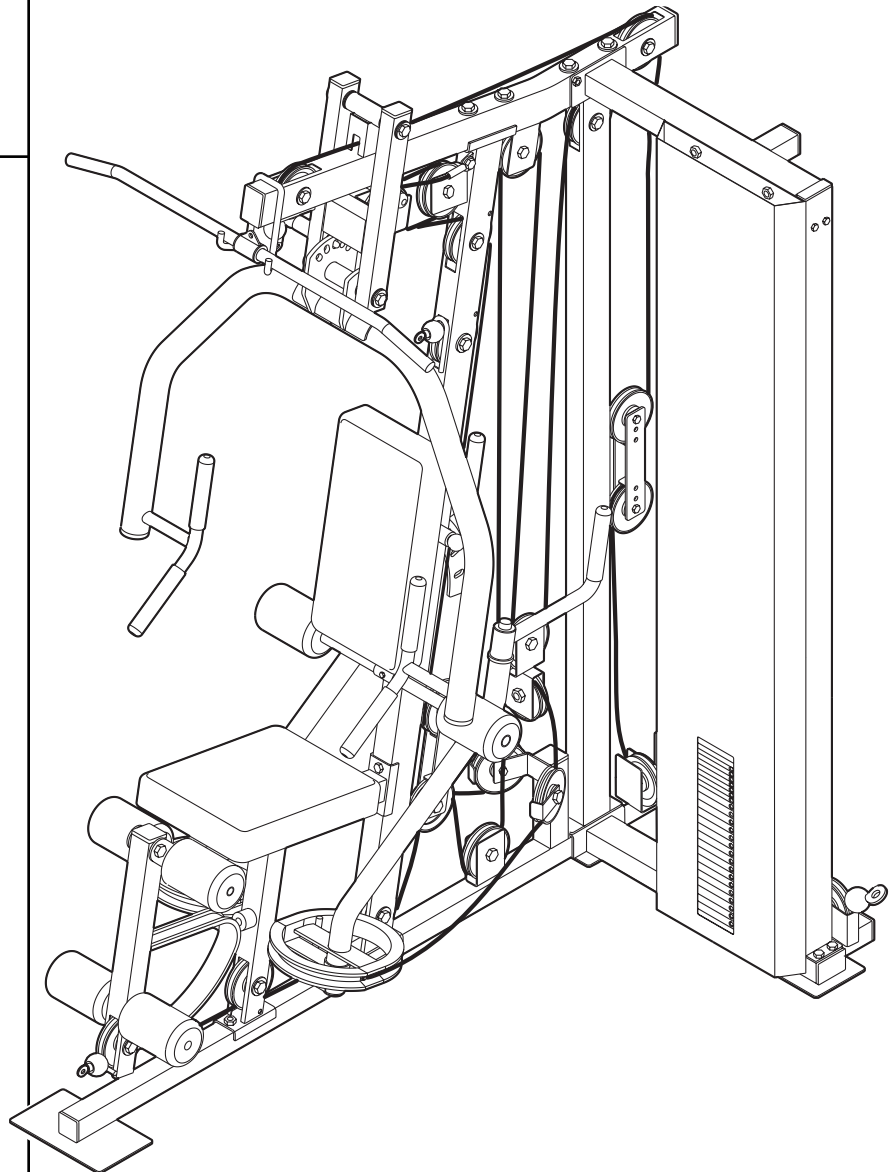
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge.

**CUSTOMER HOT LINE:**

**1-888-825-2588**

Mon.–Fri., 6 a.m.–6 p.m. MST



### **⚠ CAUTION**

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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*new products, prizes,  
fitness tips, and much more!*

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

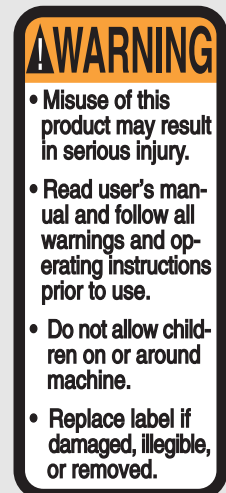
# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight system.

1. Read all instructions in this manual before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
10. Never release the press arm, butterfly arm, leg lever, lat bar, or ab strap while the weights are raised; the weights will fall with great force.
11. The weight system is designed to support a maximum user weight of 300 pounds.
12. Make sure the weight pin is fully inserted into the weight stack before you exercise.
13. *Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.*
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. The decals shown below have been placed on the weight system in the locations shown on page 4. If a decal is missing or illegible, call our toll-free Customer Hot Line at 1-888-825-2588 and order a free replacement decal. Apply the decal in the location shown.



Decal 2



Decal 1

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

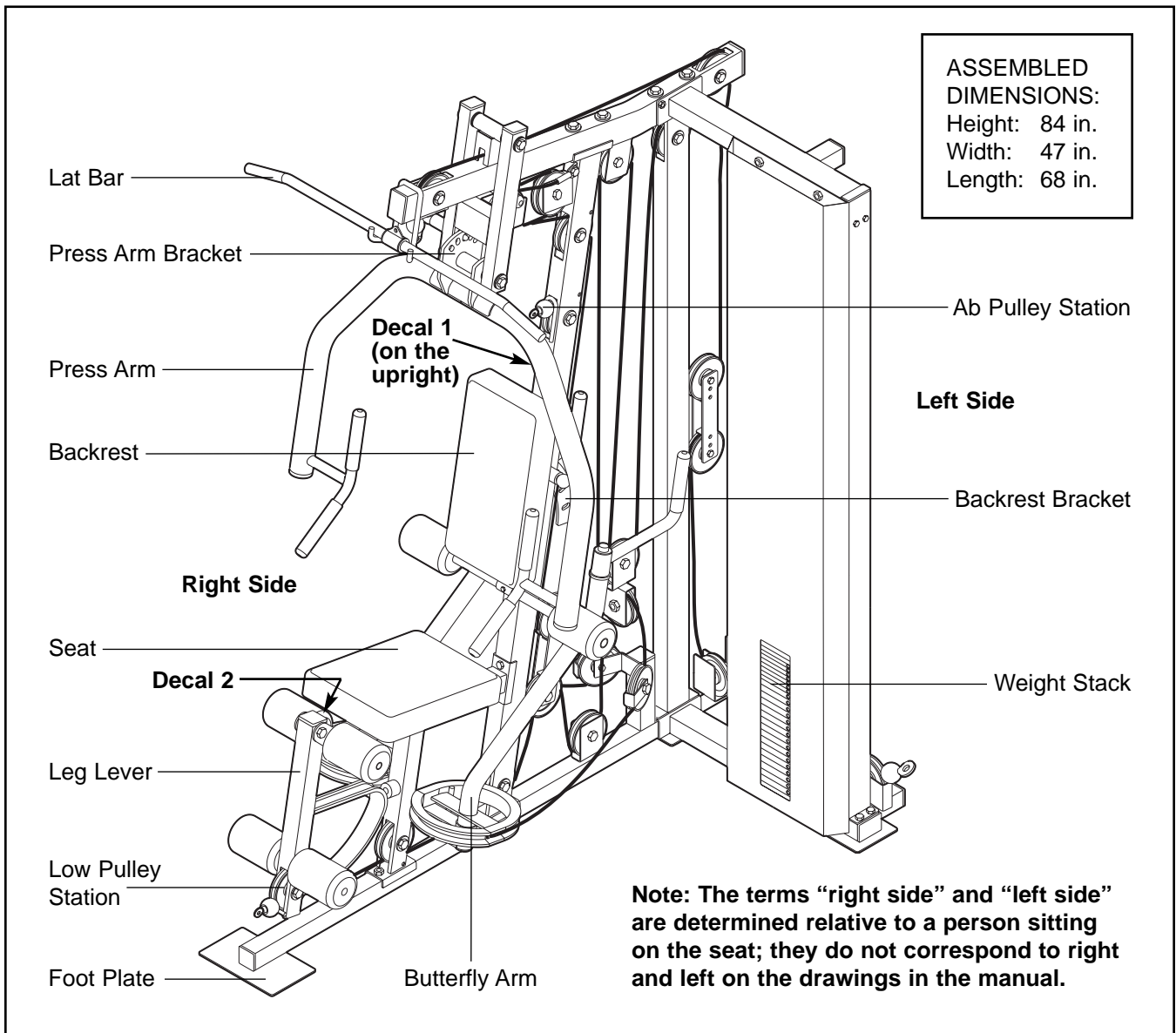
# BEFORE YOU BEGIN

Thank you for selecting the versatile NordicTrack® GRT 950 weight system. The GRT 950 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the GRT 950 will help you to achieve the specific results you want.

Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is NTSY59210. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

**For your benefit, read this manual carefully before using the weight system.** If you have additional questions, please call our Customer Service

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

## Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by most people. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

## Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

## Set Aside Enough Time

Due to the many features of the weight system, the assembly process will take a few hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.





## Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

## How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

## Make sure you have the following tools:

- Two adjustable wrenches 
  - One standard screwdriver 
  - One phillips screwdriver 
  - One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

## How to Identify Parts

To help you identify the small parts used in assembly, we have included a **PART IDENTIFICATION CHART** in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

## How to Orient Parts

As you assemble the weight system, make sure that all parts are oriented exactly as shown in the drawings.

## Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

## Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-888-825-2588**.

## The Four Stages of the Assembly Process

**Frame Assembly**—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

**Arm Assembly**—During this stage you will assemble the arms and the leg lever.

**Cable Assembly**—During this stage you will attach the cables and pulleys that connect the arms to the weights.

**Seat Assembly**—During the final stage you will assemble the seats and the backrests.

# Frame Assembly

1.

**Before beginning, read the information on page 5. This brief introduction will save you much more time than it takes to read it.**

Press three 50mm Square Inner Caps (72) into the Press Base (1).

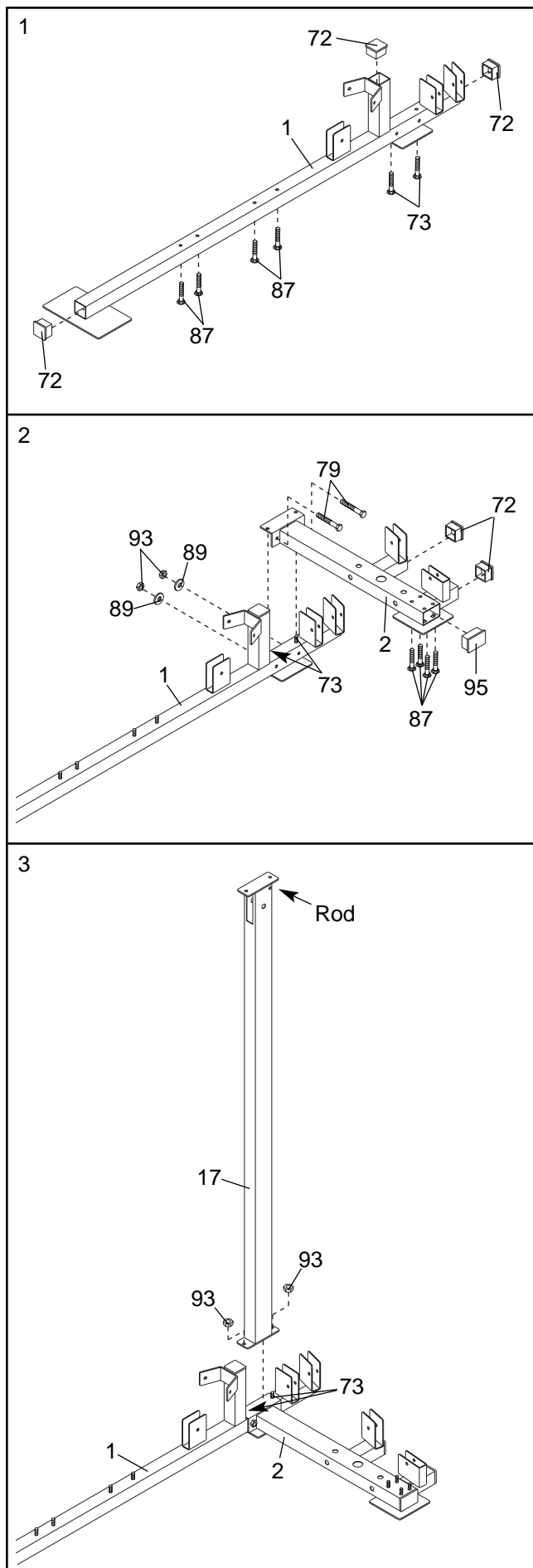
Insert four M10 x 67mm Carriage Bolts (87) and two M10 x 72mm Carriage Bolts (73) up through the bottom of the Press Base (1). Place the Press Base flat on the floor. **Note: If the Bolts fall out, place a piece of tape over the bolt heads to hold them in.**

2. Press two 50mm Square Inner Caps (72) into the extensions on the Rear Base (2). Press a 50mm x 75mm Inner Cap w/ Slot (95) into the end of the Rear Base. Insert four M10 x 67mm Carriage Bolts (87) up through the bottom of the Rear Base.

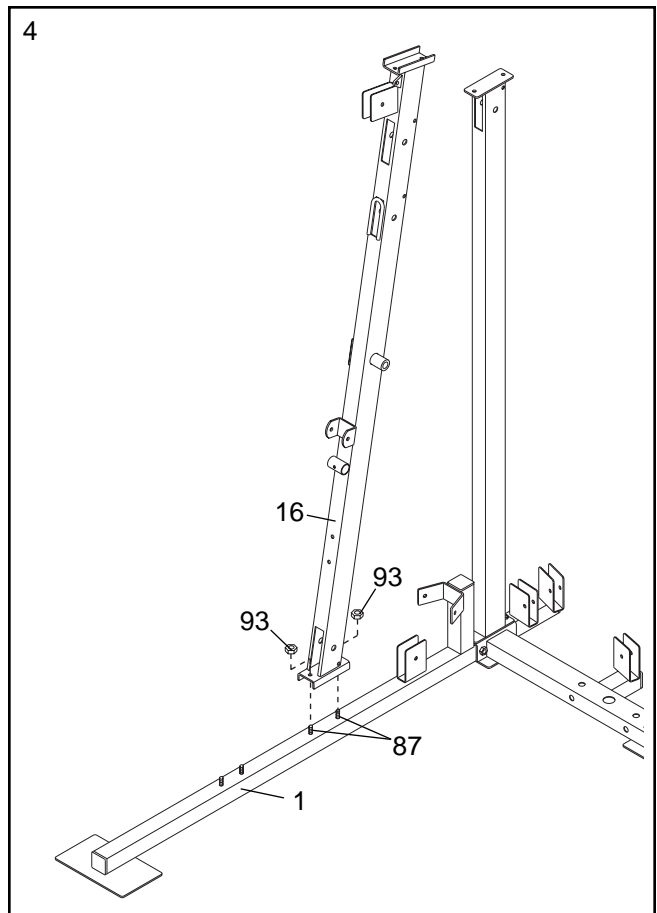
Slide the Rear Base (2) onto the two M10 x 72mm Carriage Bolts (73) in the Press Base (1). Attach the Rear Base to the Press Base with two M10 x 70mm Bolts (79), two M10 Washers (89), and two M10 Nylon Locknuts (93). **Do not tighten the Locknuts yet.**

**Note: If you have purchased the hack squat extension (model NTSY3921), do not insert the four M10 x 67mm Carriage Bolts (87) or the 50mm x 75mm Inner Cap w/ Slot (95) into the Rear Base (2). Instead, complete step 2 in the NTSY3921 manual.**

3. Attach the Right Upright (17) to the two M10 x 72mm Carriage Bolts (73) in the Press Base (1) and Rear Base (2) with two M10 Nylon Locknuts (93). **Do not tighten the Locknuts yet. Make sure the rod is on the indicated side of the Upright.**



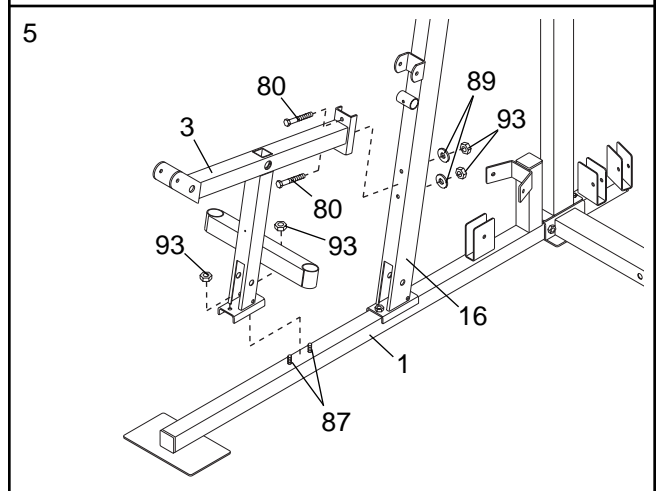
- Attach the Press Upright (16) to the indicated two M10 x 67mm Carriage Bolts (87) in the Press Base (1) with two M10 Nylon Locknuts (93). **Do not tighten the Locknuts yet.**



- Attach the Seat Frame (3) to the indicated two M10 x 67mm Carriage Bolts (87) in the Press Base (1) with two M10 Nylon Locknuts (93).

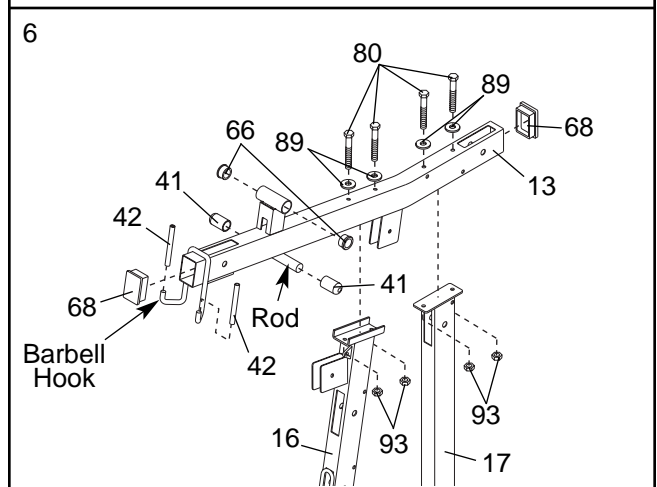
Attach the Seat Frame (3) to the Press Upright (16) with two M10 x 95mm Bolts (80), M10 Washers (89), and two M10 Nylon Locknuts (93).

**Do not tighten the M10 Nylon Locknuts (93) yet.**



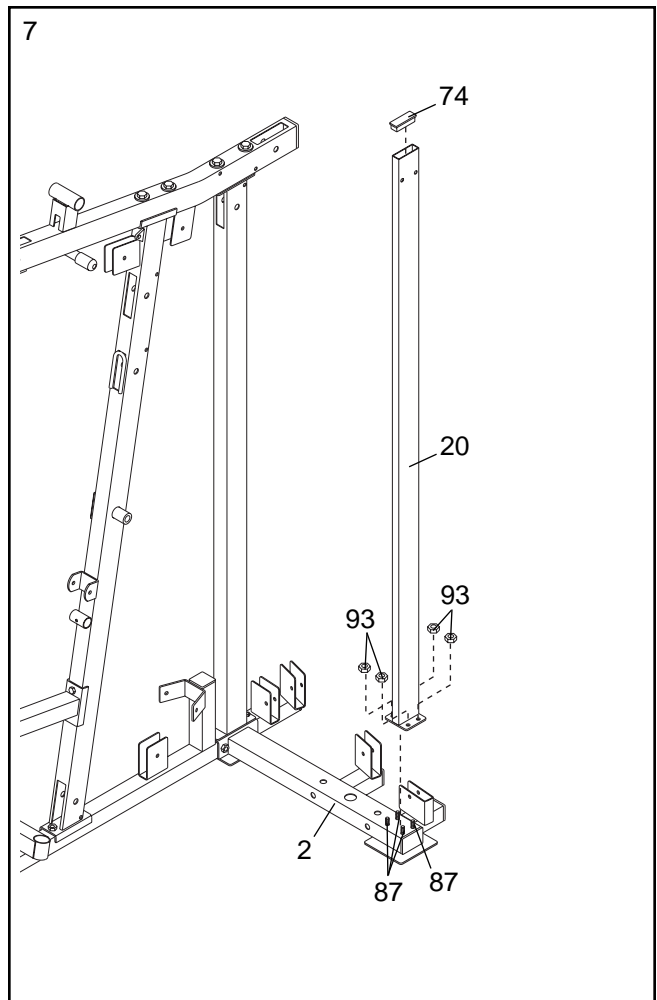
- Press two Large Support Rod Bushings (66) into the Press Top Frame (13). Press two 50mm x 75mm Inner Caps (68) into the ends of the Press Top Frame. Press the two Rod Covers (41) onto the indicated rod. Slide the two Barbell Hook Sleeves (42) onto the barbell hooks.

Attach the Press Top Frame (13) to the Press Upright (16) and the Right Upright (17) with four M10 x 95mm Bolts (80), four M10 Washers (89), and four M10 Nylon Locknuts (93). **Do not tighten the Locknuts yet.**



7. Press a 26mm x 76mm Inner Cap (74) into the top of the Left Upright (20).

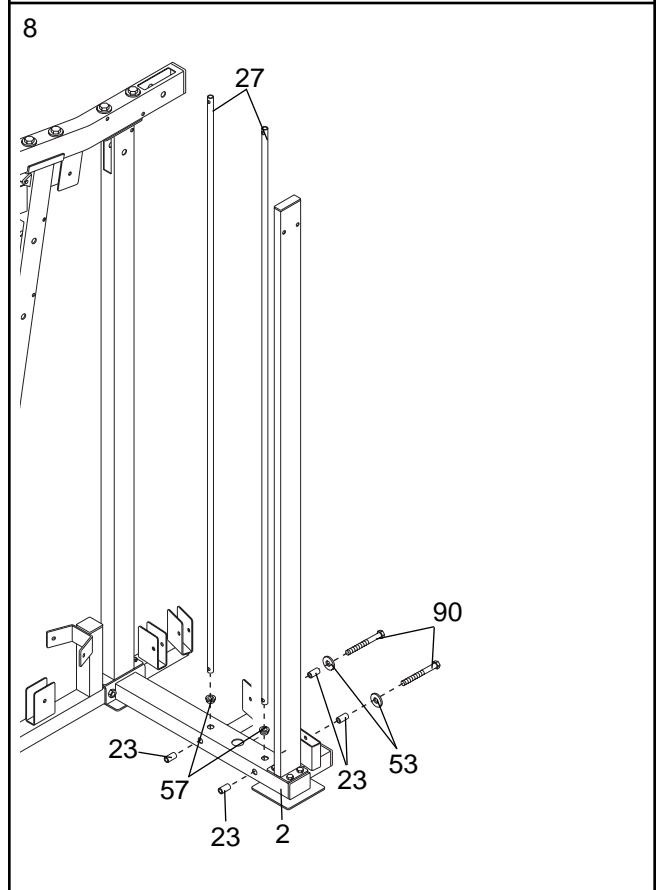
Attach the Left Upright (20) to the Rear Base (2) with the four M10 x 67mm Bolts (87) and four M10 Nylon Locknuts (93). **Do not tighten the Locknuts yet.**



8. Press two Weight Guide Bushings (57) into the Rear Base (2).

Set the two Weight Guides (27) in the indicated holes in the Rear Base (2).

Slide two M8 x 90mm Bolts (90) through two M8 Large Washers (53), two 15mm x 30mm Spacers (23), the Rear Base (2), the Weight Guides (27), and two more 15mm x 30mm Spacers.





9. **See the inset drawings.** Press the two Top Weight Bushings (33) into the Top Weight (32). Press two 5-pound Weight Bushings (104) into each 5-pound Weight (34). Press two 10-pound Weight Bushings (61) into each 10-pound Weight (29).

Slide a Weight Bumper (28) onto each Weight Guide (27). Slide the sixteen 10-pound Weights (29), the seven 5-pound Weights (34), and the Top Weight (32) onto the Weights Guides in the order shown.

10. Press a 50mm Square Inner Cap (72) into the extension on the Rear Top Frame (19). Press two Weight Guide Bushings (57) into the Rear Top Frame.

Set the Rear Top Frame (19) onto the two Weight Guides (27).

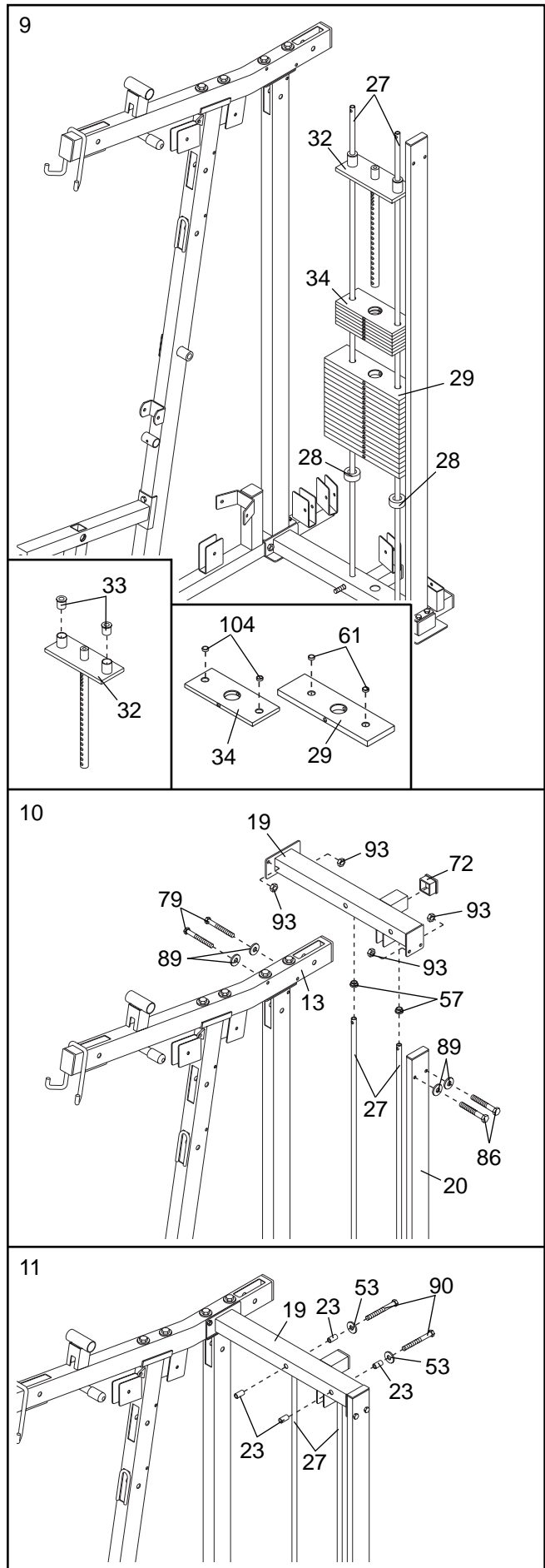
Attach the Rear Top Frame (19) to the Press Top Frame (13) with two M10 x 70mm Bolts (79), two M10 Washers (89), and two M10 Nylon Locknuts (93).

Attach the Rear Top Frame (19) to the Left Upright (20) with two M10 x 45mm Bolts (86), two M10 Washers (89), and two M10 Nylon Locknuts (93). **Note: If you have purchased the hack squat extension (model NTSY3921), do not use the two M10 x 45mm Bolts (86) and two M10 Washers (89). Instead, complete steps 3–8 in the NTSY3921 manual.**

**Do not tighten the M10 Nylon Locknuts (93) yet.**

11. Slide two M8 x 90mm Bolts (90) through two M8 Large Washers (53), two 15mm x 30mm Spacers (23), the Rear Top Frame (19), the Weight Guides (27), and two more 15mm x 30mm Spacers.

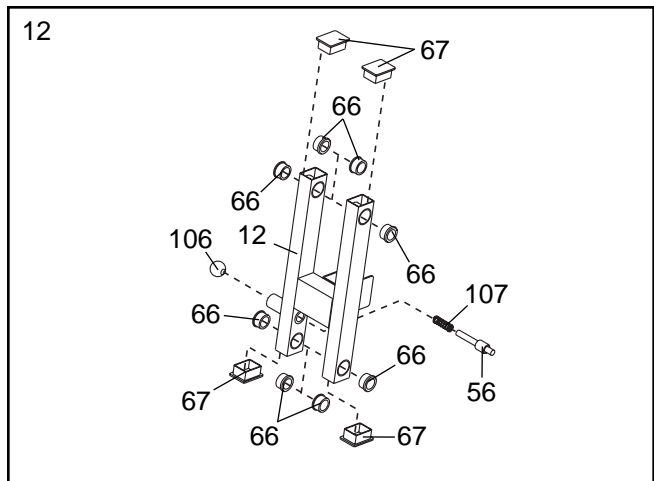
**Tighten the M10 Nylon Locknuts (93) used in steps 2–10.**



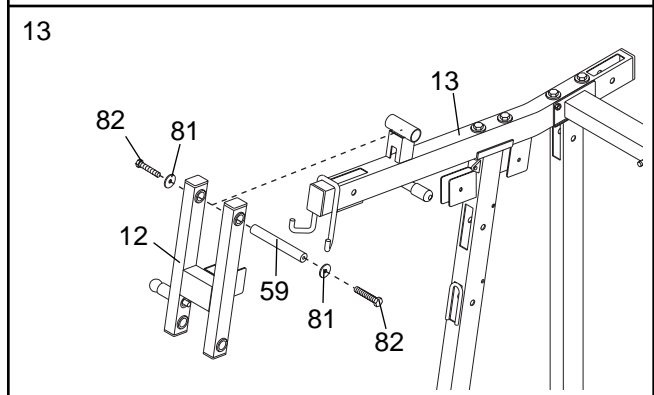
## Arm Assembly

12. Press four 40mm x 50mm Inner Caps (67) into the Press Frame (12). Press eight Large Support Rod Bushings (66) into the Press Frame.

Attach the Ball w/Threads (106), the Spring (107), and the 14mm Pin (56) to the Press Frame (12) as shown.



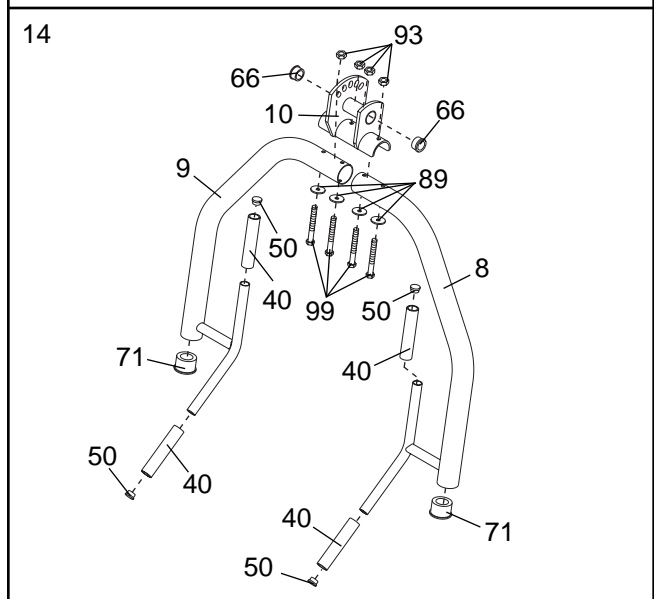
13. Attach the Press Frame (12) to the Press Top Frame (13) with a Long Support Rod (59), two 38mm Large Washers (81), and two M10 x 25mm Bolts (82).



14. Press two 56mm Round Inner Caps (71) into the ends of the Left and Right Arms (8, 9). Slide four Long Handgrips (40) onto the Arms. Press four 31mm Round Inner Caps (50) into the Arms.

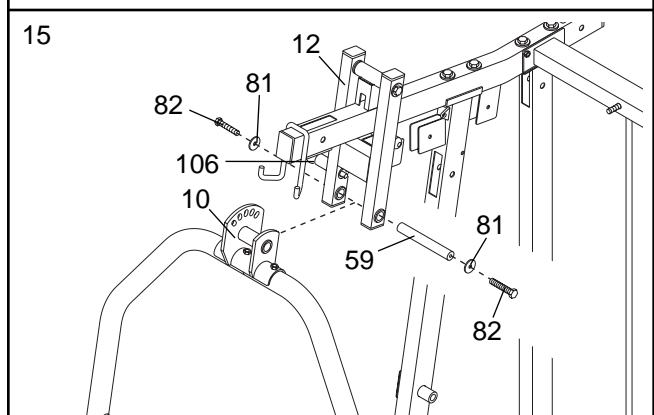
Press two Large Support Rod Bushings (66) into the Press Bracket (10).

Orient the Left and Right Arms (8, 9) and the Press Bracket (10) as shown. Attach the Arms to the Press Bracket with four M10 x 75mm Bolts (99), four M10 Washers (89), and four M10 Nylon Locknuts (93).



15. Pull the Knob w/ Threads (106) out as far as it will go. Align a hole in the Press Bracket (10) with the Knob, and engage the Knob into the hole.

Attach the Press Bracket (10) to the Press Frame (12) with a Long Support Rod (59), two 38mm Large Washers (81), and two M10 x 25mm Bolts (82).



16. Press two Large Handgrips (31) onto the two Butterfly Handles (11). Press four Butterfly Arm Bushings (64), and two 35mm Round Inner Caps (39), into the Butterfly Handles.

Identify the Left and Right Butterfly Arms (6, 7) by the location of the rods.

Slide a Handle (11) onto the Left Butterfly Arm (6). Place two 1" Retainers (44) under a Round Cover Cap (45), as shown in the inset drawing. **Be sure the teeth on the Retainers bend toward the Cover Cap.** Tap the Cover Cap and Retainers onto the Left Butterfly Arm.

**Attach the other Handle (11) to the Right Butterfly Arm (7) in the same manner.**

17. Press two Butterfly Arm Bushings (64) into the Seat Frame (3).

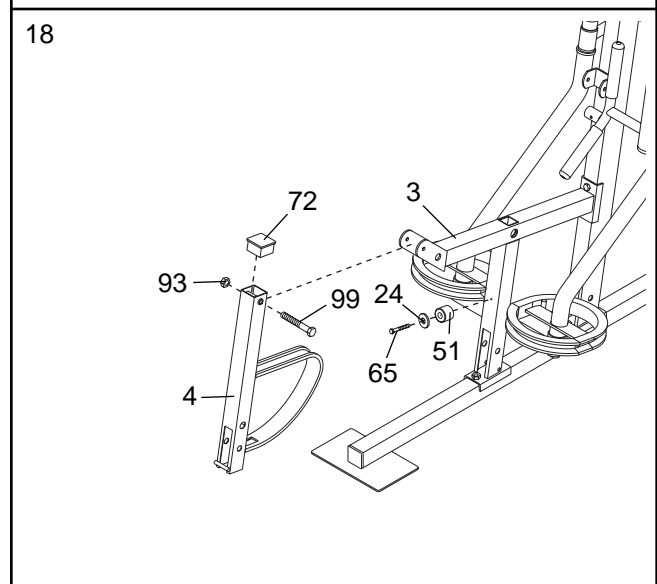
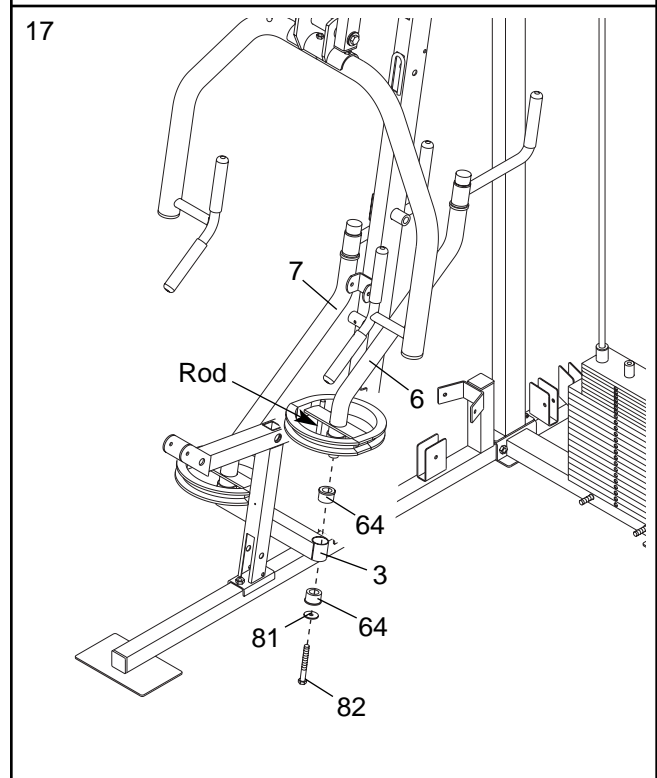
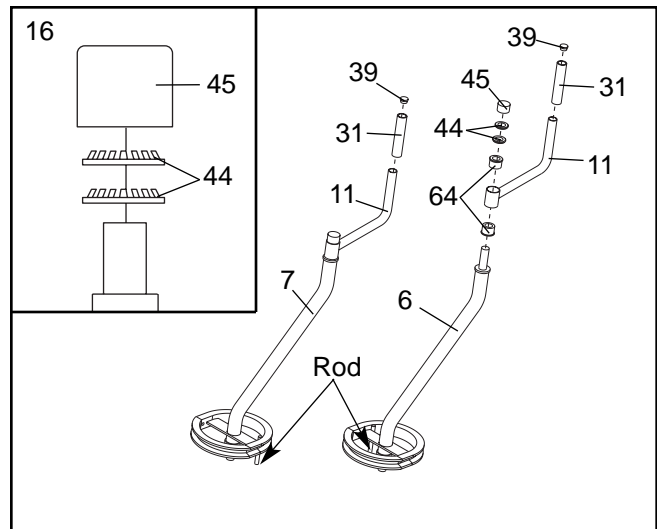
Attach the Left Butterfly Arm (6) to the Seat Frame (3) with a 38mm Washer (81) and an M10 x 25mm Bolt (82). **Make sure the rod on the Butterfly Arm is behind the Seat Frame.**

**Repeat this step with the Right Butterfly Arm (7).**

18. Press a 50mm Square Inner Cap (72) into the top of the Leg Lever (4).

Attach a Bumper (51) to the Seat Frame (3) with an M4 x 20mm Self-tapping Screw (65) and an M4 Washer (24).

Lubricate an M10 x 75mm Bolt (99) with grease. Attach the Leg Lever (4) to the Seat Frame (3) with the Bolt and an M10 Nylon Locknut (93). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



# Cable Assembly

19. **IMPORTANT:** Refer to the Cable Identification Chart on page 26 for help identifying the cables. Do not overtighten the bolts and nuts attaching the pulleys; the pulleys must be able to turn freely.

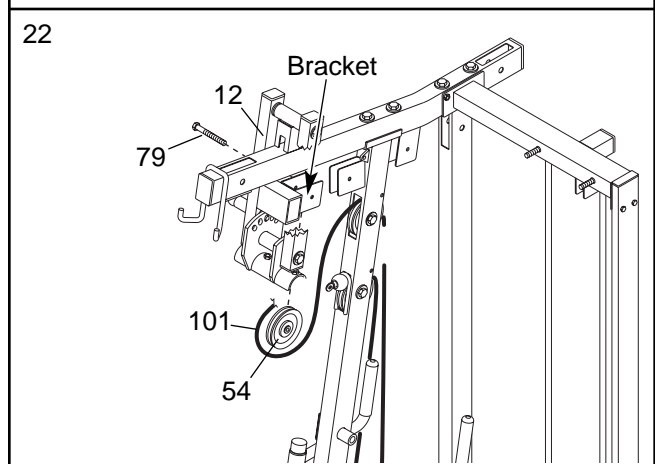
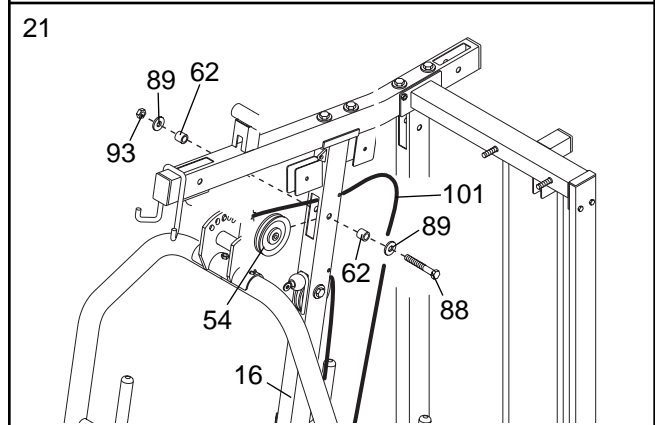
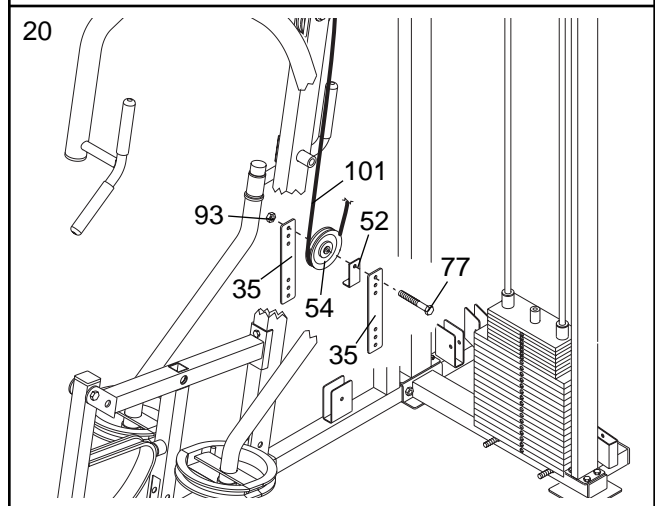
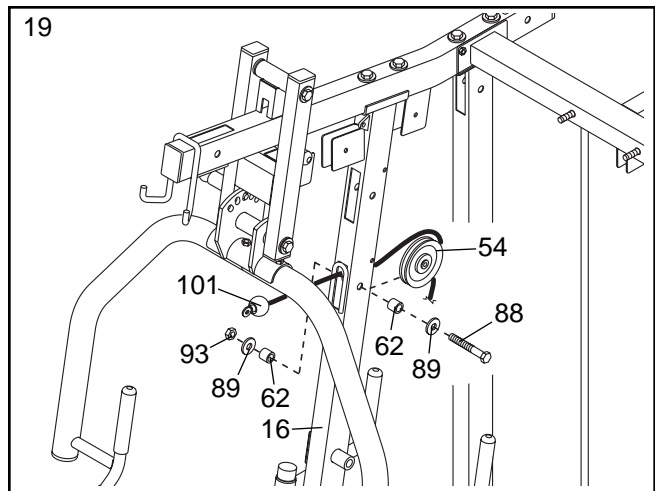
**Locate the Press Cable (101).** Route the eyelet end of the Cable through the indicated hole in the Press Upright (16).

Wrap the Press Cable (101) around a 115mm Pulley (54). Attach the Pulley inside the Press Upright (16) with an M10 x 65mm Bolt (88), two M10 Washers (89), two 15mm x 12mm Spacers (62), and an M10 Nylon Locknut (93).

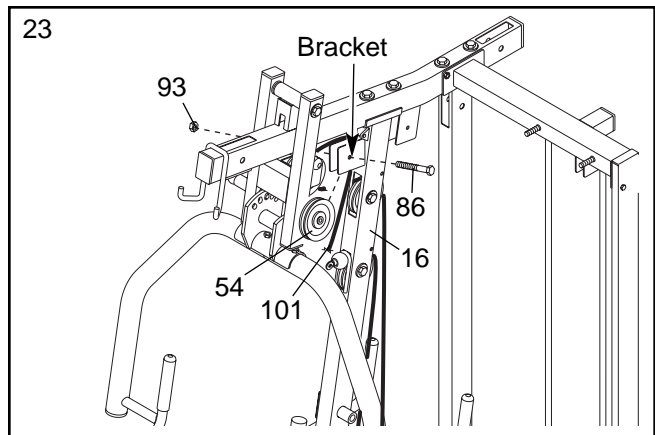
20. Wrap the Press Cable (101) around a 115mm Pulley (54). Attach the Pulley and a Cable Trap (52) to the top set of holes in a pair of Pulley Plates (35) with an M10 x 50mm Bolt (77) and an M10 Nylon Locknut (93). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

21. Route the Press Cable (101) over a 115mm Pulley (54) and through the Press Upright (16). Attach the Pulley inside the Press Upright with an M10 x 65mm Bolt (88), two M10 Washers (89), two 15mm x 12mm Spacers (62), and an M10 Nylon Locknut (93).

22. Wrap the Press Cable (101) around a 115mm Pulley (54). Attach the Pulley to the bracket on the Press Frame (12) with an M10 x 70mm Bolt (79). **Make sure the Bolt is inserted from the indicated side. Do not thread a locknut onto the Bolt yet.**

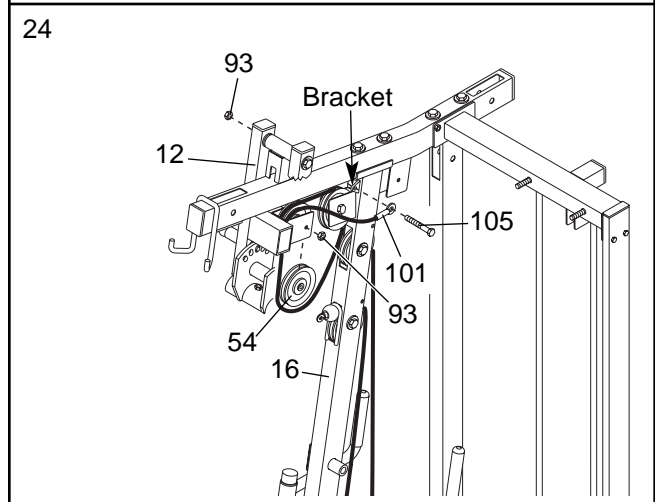


23. Wrap the Press Cable (101) around a 115mm Pulley (54). Attach the Pulley to the bracket on the Press Upright (16) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).



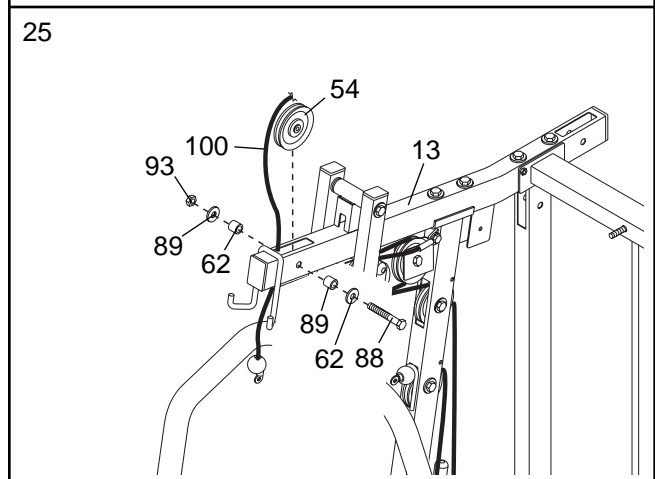
24. Wrap the Press Cable (101) up around a 115mm Pulley (54). Attached the Pulley to the bracket on the Press Frame (12) with the M10 x 70mm Bolt (not shown) used in step 22, and an M10 Nylon Locknut (93).

Attach the end of the Press Cable (101) to the indicated bracket on the Press Upright (16) with an M10 x 25mm Short Thread Bolt (105) and an M10 Nylon Locknut (93).



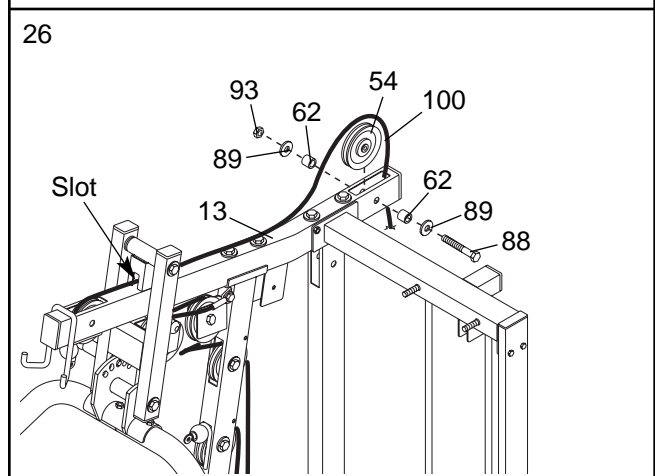
25. **Locate the High Cable (100).** Route the end of the Cable without the ball up through the Press Top Frame (13).

Wrap the High Cable (100) around a 115mm Pulley (54). Attach the Pulley inside the Press Top Frame (13) with an M10 x 65mm Bolt (88), two M10 Washers (89), two 15mm x 12mm Spacers (62), and an M10 Nylon Locknut (93).

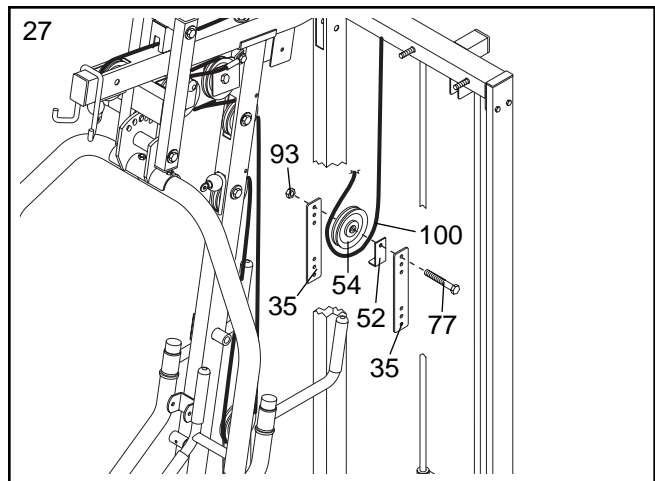


26. Route the end of the High Cable (100) through the indicated slot, around a 115mm Pulley (54), and down through the Press Top Frame (13).

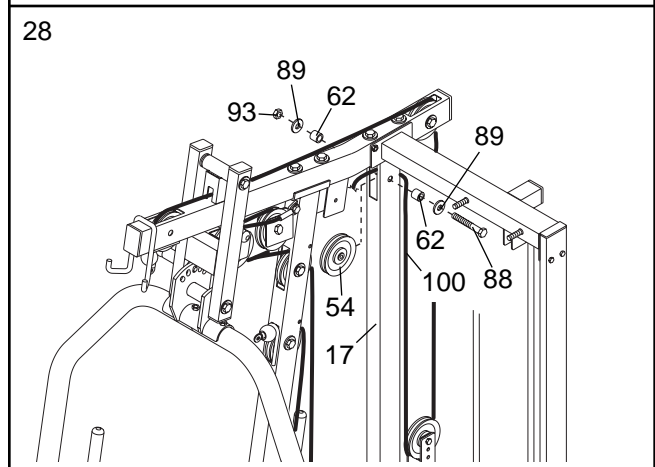
Attach the 115mm Pulley (54) inside the Press Top Frame (13) with an M10 x 65mm Bolt (88), two M10 Washers (89), two 15mm x 12mm Spacers (62), and an M10 Nylon Locknut (93).



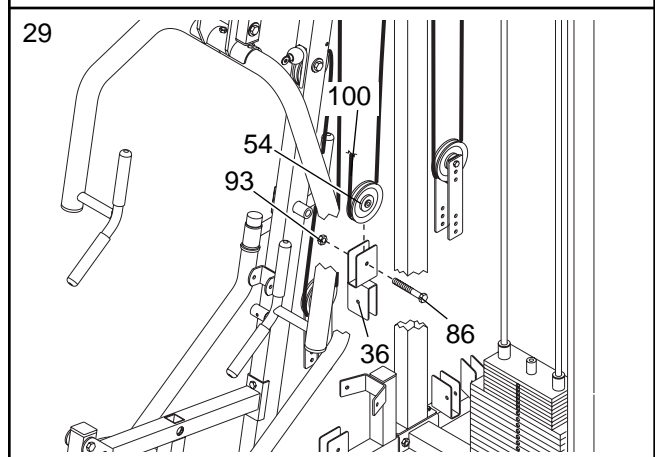
27. Wrap the High Cable (100) around a 115mm Pulley (54). Attach the Pulley and a Cable Trap (52) to the top set of holes in the other pair of Pulley Plates (35) with an M10 x 50mm Bolt (77) and an M10 Nylon Locknut (93). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



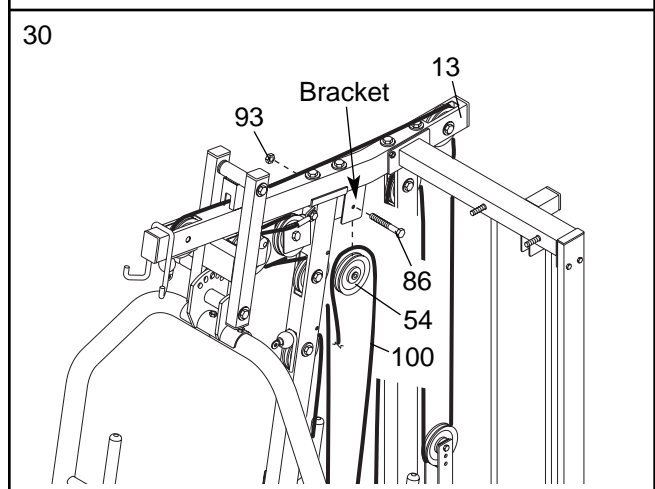
28. Route the High Cable (100) through the Right Upright (17) and around a 115mm Pulley (54). Attach the Pulley inside the Right Upright with an M10 x 65mm Bolt (88), two M10 Washers (89), two 15mm x 12mm Spacers (62), and an M10 Nylon Locknut (93).



29. Wrap the High Cable (100) around a 115mm Pulley (54). Attach the Pulley to the Double "U"-bracket (36) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).

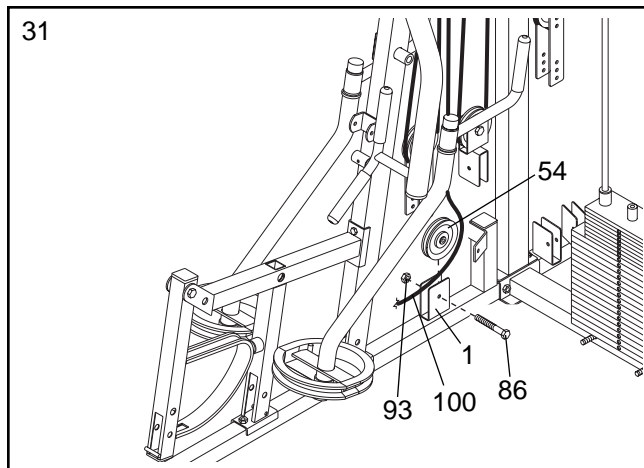


30. Wrap the High Cable (100) around a 115mm Pulley (54). Attach the Pulley to the bracket on the Press Top Frame (13) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).

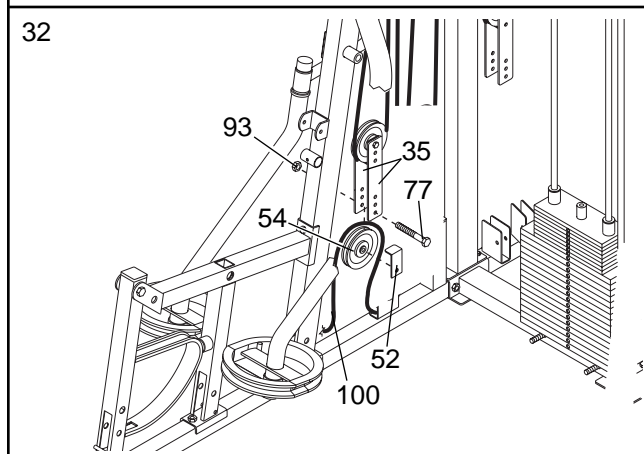




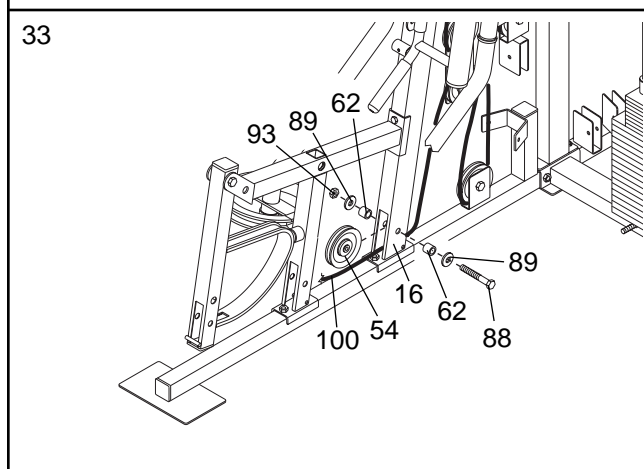
31. Wrap the High Cable (100) around a 115mm Pulley (54). Attach the Pulley to the bracket on the Press Base (1) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).



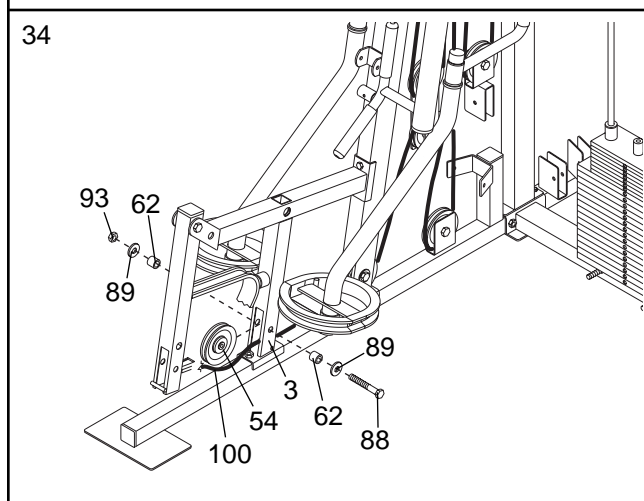
32. Wrap the High Cable (100) around a 115mm Pulley (54). Attach the Pulley and a Cable Trap (52) to the bottom set of holes in the indicated pair of Pulley Plates (35) with an M10 x 50mm Bolt (77) and an M10 Nylon Locknut (93). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



33. Route the High Cable (100) under a 115mm Pulley (54) and through the Press Upright (16). Attach the Pulley inside the Upright with an M10 x 65mm Bolt (88), two M10 Washers (89), two 15mm x 12mm Spacers (62), and an M10 Nylon Locknut (93).



34. Route the High Cable (100) under a 115mm Pulley (54) and through the Seat Frame (3). Attach the Pulley inside the Seat Frame with an M10 x 65mm Bolt (88), two M10 Washers (89), two 15mm x 12mm Spacers (62), and an M10 Nylon Locknut (93).



35. Insert a 115mm Pulley (54) into the Leg Lever (4). Route the High Cable (100) under the Pulley. Attach the Pulley inside the Leg Lever with an M10 x 65mm Bolt (88), two M10 Washers (89), two 15mm x 12mm Spacers (62), and an M10 Nylon Locknut (93).

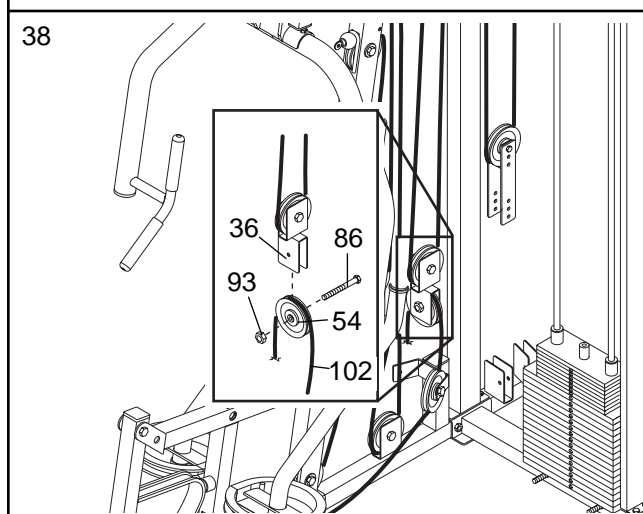
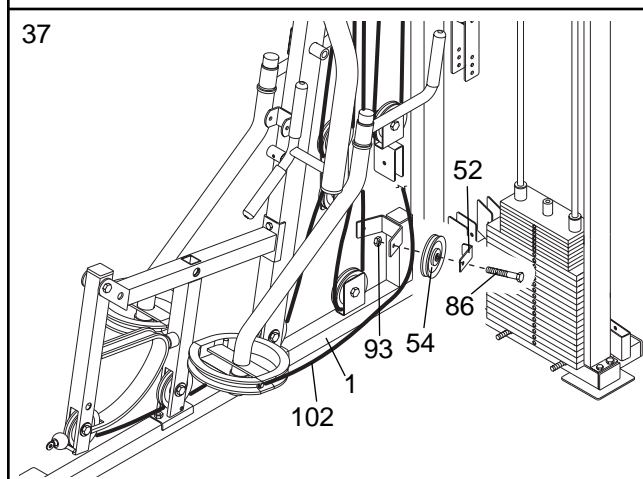
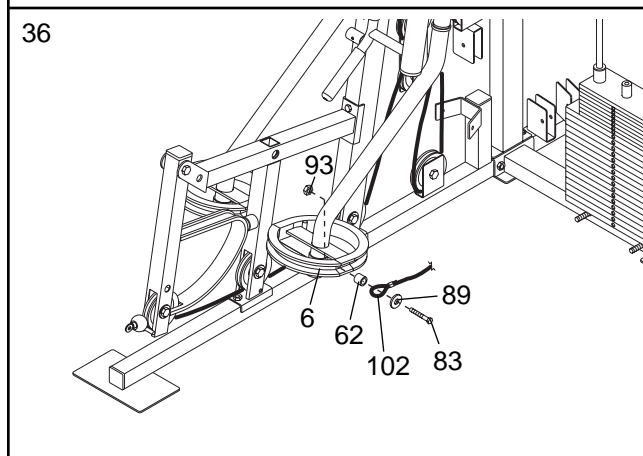
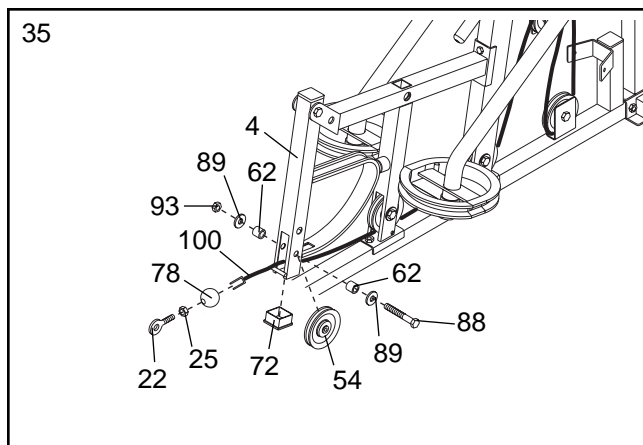
Slide a Cable Ball (78) onto the end of the High Cable (100). Thread the M10 Nut (25) all the way onto the Cable Eye (22). Tighten the Cable Eye into the end of the Cable. Tighten the M10 Nut against the Cable Ball.

Press a 50mm Square Inner Cap (72) into the bottom of the Leg Lever (4).

36. **Locate the Butterfly Cable (102).** Attach one end of the Cable to the Left Butterfly Arm (6) with an M10 x 40mm Bolt (83), a 15mm x 12mm Spacer (62), an M10 Washer (89), and an M10 Nylon Locknut (93). **Make sure the Spacer is inside the loop in the Cable.**

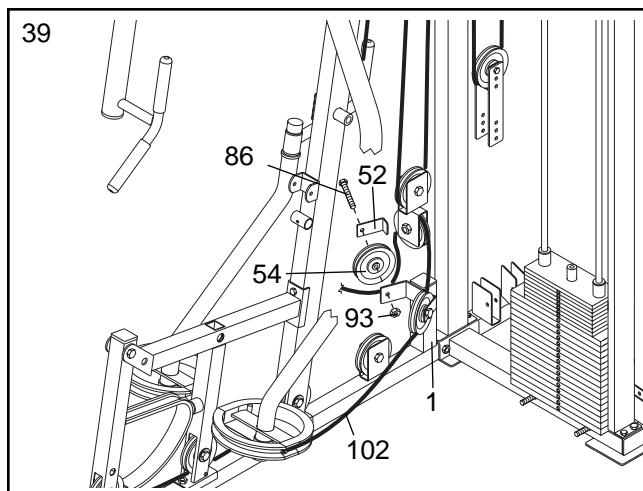
37. Wrap the Butterfly Cable (102) around a 115mm Pulley (54). Attach the Pulley and a Cable Trap (52) to the indicated bracket on the Press Base (1) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

38. Wrap the Butterfly Cable (102) around a 115mm Pulley (54). Attach the Pulley to the bottom of the Double "U"-bracket (36) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).

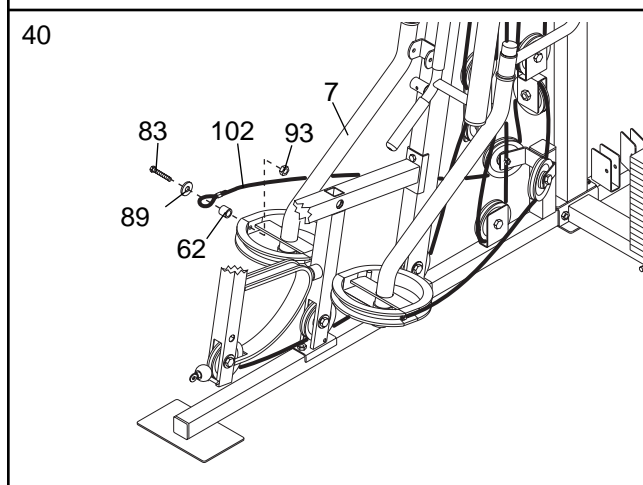




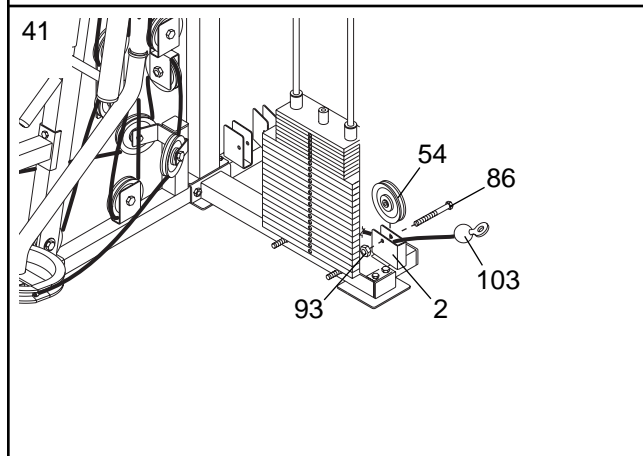
39. Wrap the Butterfly Cable (102) around a 115mm Pulley (54). Attach the Pulley and a Cable Trap (52) to the bracket on the Press Base (1) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



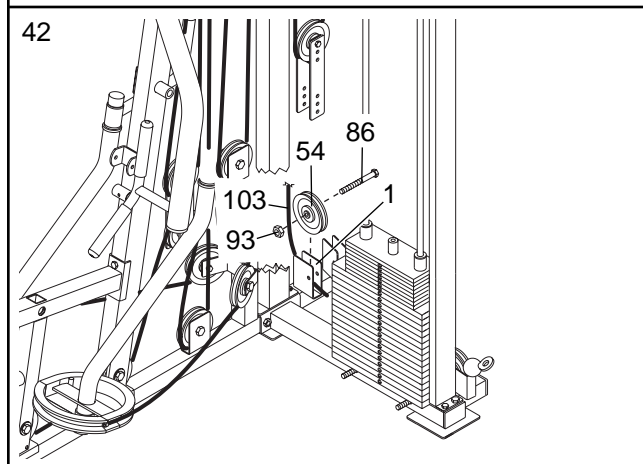
40. Attach the end of the Butterfly Cable (102) to the Right Butterfly Arm (7) with an M10 x 40mm Bolt (83), a 15mm x 12mm Spacer (62), an M10 Washer (89), and an M10 Nylon Locknut (93). **Make sure the Spacer is inside the loop in the Cable.**



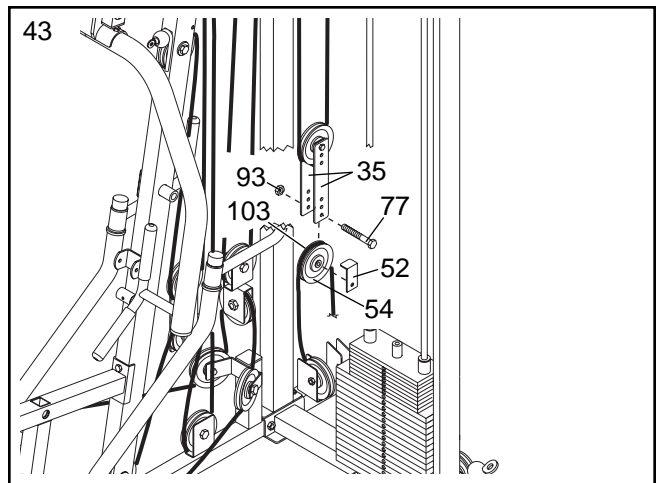
41. **Locate the Rear Cable (103).** Wrap the Cable under a 115mm Pulley (54). Attach the Pulley to the indicated bracket on the Rear Base (2) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).



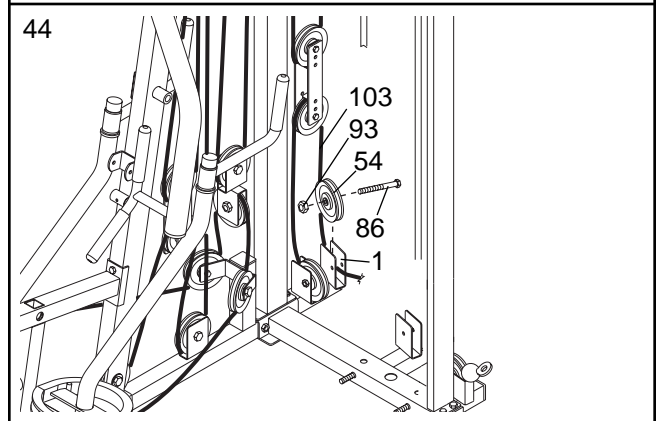
42. Wrap the Rear Cable (103) around a 115mm Pulley (54). Attach the Pulley to the indicated bracket on the Press Base (1) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).



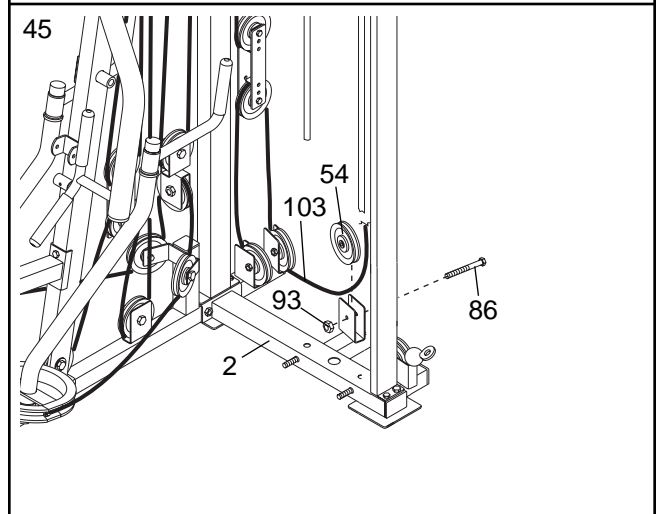
43. Wrap the Rear Cable (103) around a 115mm Pulley (54). Attach the Pulley and a Cable Trap (52) to the bottom set of holes in the indicated pair of Pulley Plates (35) with an M10 x 50mm Bolt (77) and an M10 Nylon Locknut (93). **Be sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



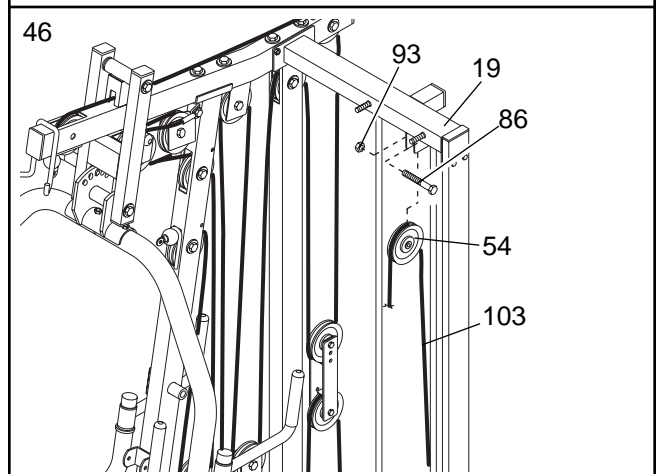
44. Wrap the Rear Cable (103) around a 115mm Pulley (54). Attach the Pulley to the indicated bracket on the Press Base (1) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).



45. Wrap the Rear Cable (103) around a 115mm Pulley (54). Attach the Pulley to the indicated bracket on the Rear Base (2) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).



46. Wrap the Rear Cable (103) around a 115mm Pulley (54). Attach the Pulley to the indicated bracket on the Rear Top Frame (19) with an M10 x 45mm Bolt (86) and an M10 Nylon Locknut (93).

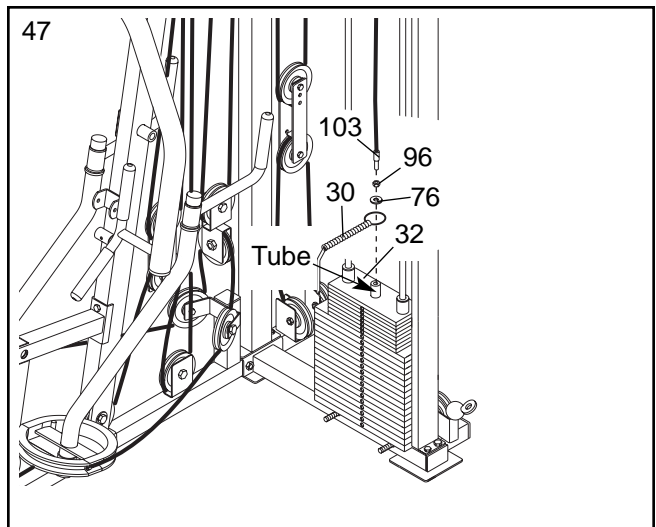


47. Slide the tether on the Weight Pin (30) onto the tube on the Top Weight (32). Rest the M12 Washer (76) on the tube.

Thread the M12 Nut (96) onto the bolt on the end of the Rear Cable (103). Thread the bolt into the tube in the Top Weight (32) until there is no slack in the Cable.

Tighten the M12 Nut (96) against the M12 Washer (76).

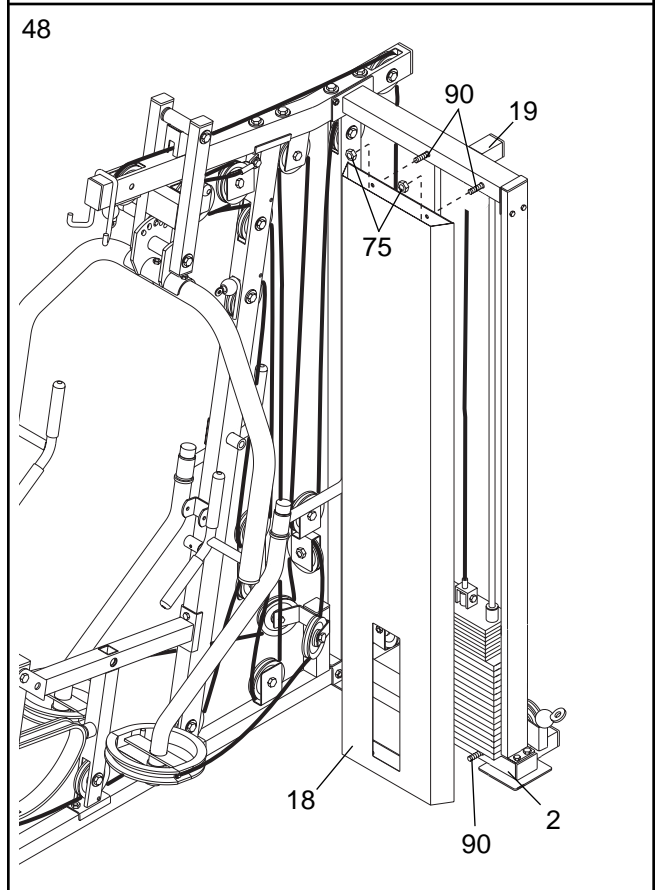
**Note: If you have purchased the hack squat extension (model NTSY3921), complete steps 9–16 in the NTSY3921 manual.**



## Seat Assembly

48. Attach the Shroud (18) to the two M8 x 90mm Bolts (90) in the Rear Top Frame (19) with two M8 Nylon Locknuts (75).

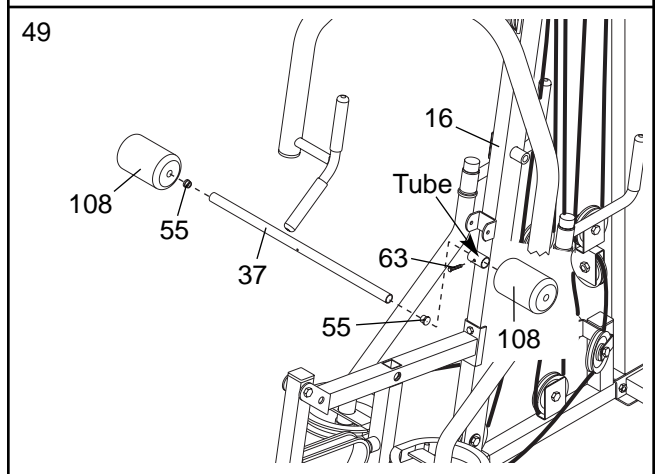
Tighten the two M8 x 90mm Bolts (90) in the Rear Base (2) into the Shroud (18).



49. Press two 25mm Round Inner Cap (55) into the ends of the Long Pad Tube (37).

Center the Long Pad Tube (37) in the tube on the Press Upright (16). Tighten the M6 x 20mm Self-tapping Screw (63) into the Pad Tube.

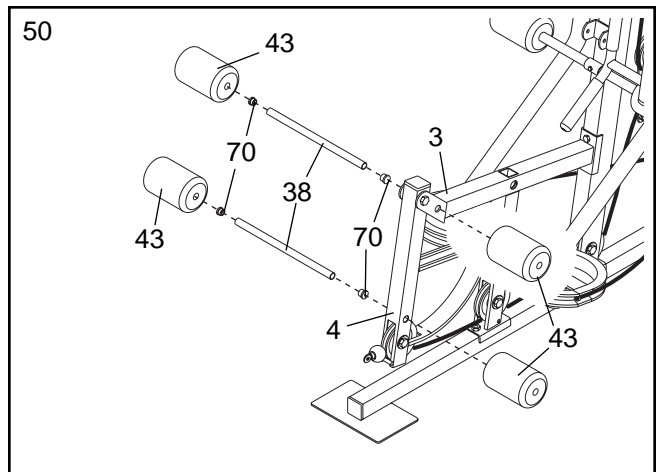
Slide two Foam Pads w/Large Holes (108) onto the ends of the Long Pad Tube (37).



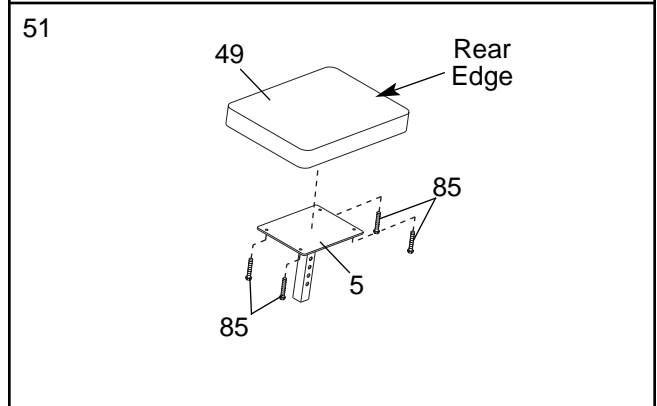
50. Press four 19mm Round Inner Caps (70) into the ends of the two Short Pad Tubes (38).

Slide a Short Pad Tube (38) through the hole in the Leg Lever (4). Slide two Foam Pads (43) onto the ends of the Pad Tube.

Slide a Short Pad Tube (38) through the hole in the Seat Frame (3). Slide two Foam Pads (43) onto the ends of the Pad Tube.

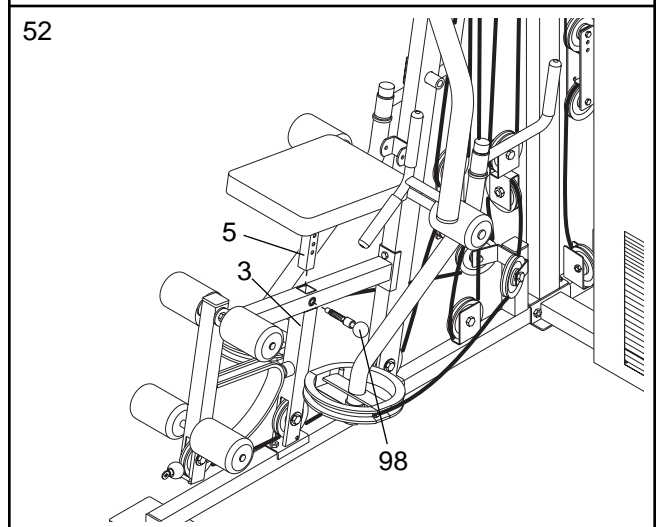


51. Attach the Seat (49) to the Seat Bracket (5) with four M6 x 16mm Screws (85). **Note: The Seat Bracket will be closer to the rear edge of the Seat.**



52. Screw the Seat Knob (98) into the Seat Frame (3).

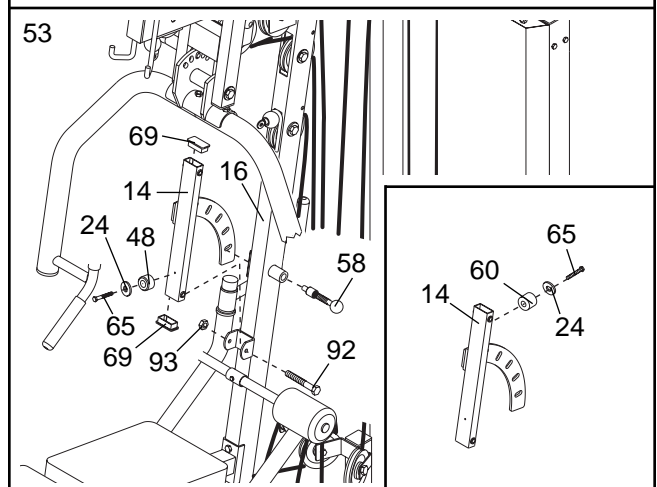
Pull the Seat Knob (98) out as far as it will go. Slide the Seat Bracket (5) into the Seat Frame (3) and engage the Knob into an adjustment hole in the Seat Bracket. Tighten the Knob.



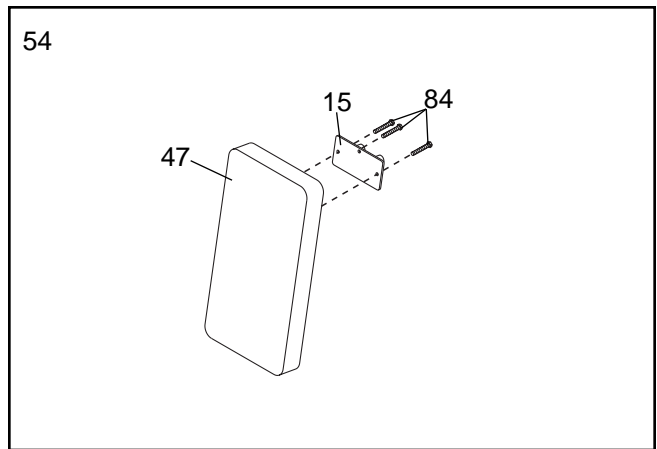
53. Press two 25mm x 50mm Inner Caps (69) into the Backrest Frame (14). Attach a 38mm Bumper (48) and the 25mm Bumper (60) to the Backrest Frame with two M4 x 20mm Self-tapping Screws (65) and two M4 Washers (24).

Slide the adjustment arm on the Backrest Frame (14) through the bracket on the Press Upright (16). Tighten the Pin w/ Knob (58) into the Press Upright and engage the adjustment arm.

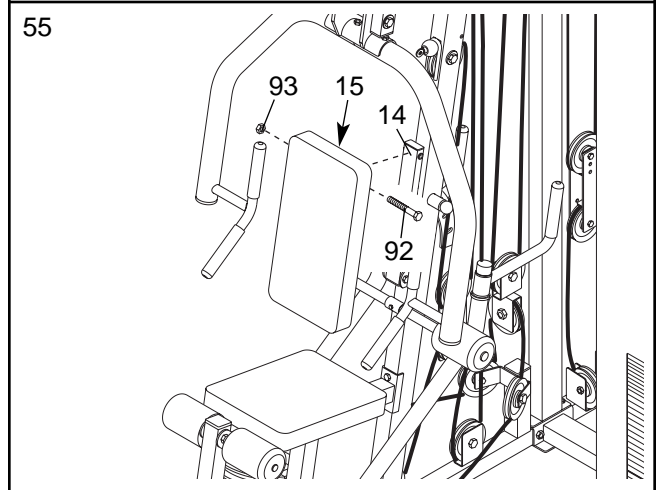
Attach the Backrest Frame (14) to the Press Upright (16) with an M10 x 80mm Bolt (92) and an M10 Nylon Locknut (93).



- 54 Attach the Backrest (47) to the Backrest Bracket (15) with three M8 x 16mm Bolts (84).



55. Attach the Backrest Bracket (15) to the Backrest Frame (14) with an M10 x 80mm Bolt (92) and an M10 Nylon Locknut (93).



56. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 26 and 27 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLESHOOTING AND MAINTENANCE on page 25.**

# ADJUSTMENTS

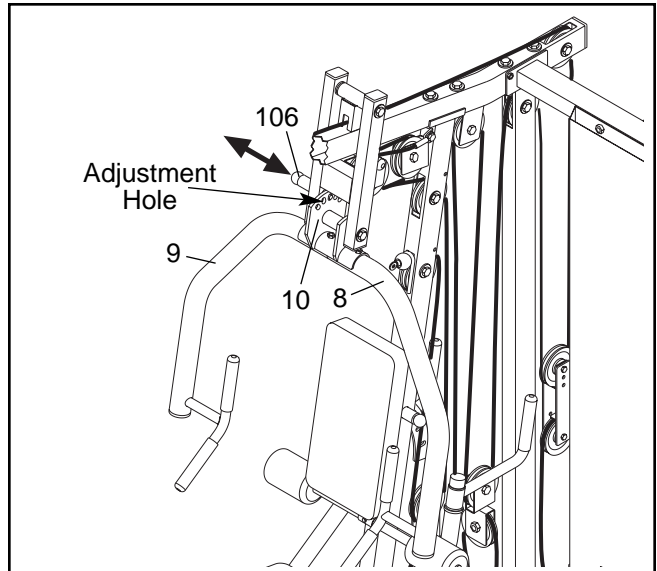
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 28 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE PRESS ARM

To adjust the Arms (8, 9), pull the Knob w/Threads (106) out as far as it will go. Rotate the Press Bracket (10) to the desired position and engage the Pin into an adjustment hole.

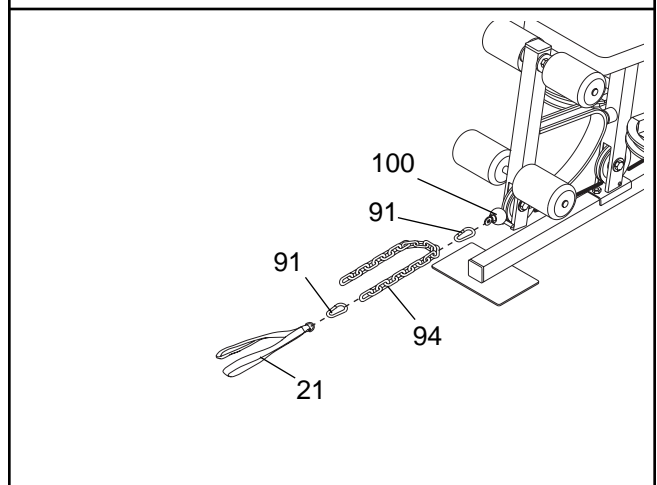
**WARNING:** Make sure the Knob w/Threads (106) is fully engaged into the Press Bracket (10) before exercising.



## ATTACHING THE AB STRAP OR LAT BAR TO THE HIGH OR LOW PULLEY STATION

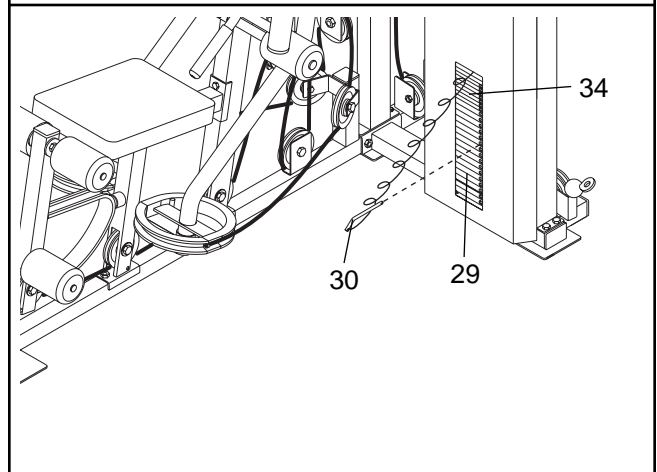
Attach the Ab Strap (21) to the High Cable (100) with a Cable Clip (91). For some exercises, the Chain (94) should be attached between the Ab Strap and the Cable with two Cable Clips. **Adjust the length of the Chain between the Ab Strap and the Cable so the Ab Strap is in the correct starting position for the exercise to be performed.**

The Lat Bar (not shown) can be attached to the High Cable (100) in the same manner. The Ab Strap can be attached to the Press Cable (not shown) in the same manner.



## CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (30) under the desired Weight (29, 34). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 5 pounds to 200 pounds, in increments of 5 and 10 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 24 to find the actual amount of resistance at each weight station.**

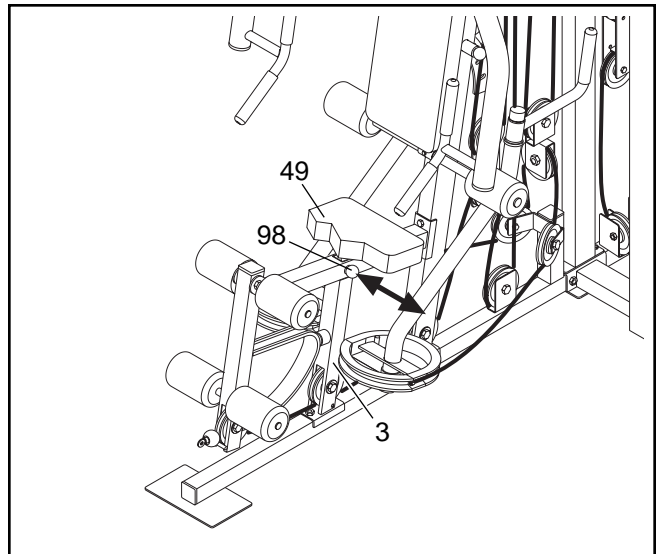




## ADJUSTING THE SEAT

To adjust the height of the Seat (49), loosen the Seat Knob (98) and pull it out as far as it will go. Position the Seat at the desired height and engage the Knob into an adjustment hole in the Seat Bracket (not shown). Fully tighten the Knob.

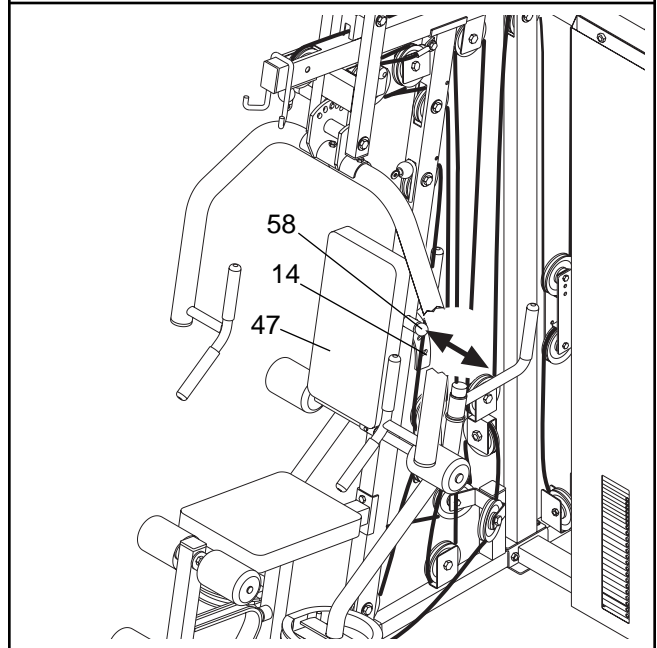
**⚠ WARNING:** Make sure the Seat Knob (98) fully engages the Seat Bracket (5) before using the Seat (49).



## ADJUSTING THE BACKREST

To adjust the position of the Backrest (47), loosen the Pin w/Knob (58) and pull it out as far as it will go. Move the Backrest to the desired position and engage the Pin into an adjustment hole in the Backrest Frame (14).

**⚠ WARNING:** Make sure the Pin w/Knob (58) fully engages the Backrest Frame (14) before using the Backrest (47).



# WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 5-pound top weight. The other numbers refer to the seven 5-pound weight plates and the sixteen 10-pound weight plates. **Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.** Weight resistance shown for the butterfly arm station is for each butterfly arm.

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	AB PULLEY (lbs.)	LOW PULLEY (lbs.)
Top	30	17	20	17	18	20
1	35	19	26	22	23	26
2	40	22	32	28	27	32
3	48	24	36	34	32	36
4	52	28	42	41	38	42
5	58	32	47	50	42	47
6	64	34	52	56	46	52
7	70	36	58	65	51	58
8	78	40	70	76	63	70
9	89	45	82	86	73	82
10	100	49	85	96	83	85
11	110	54	96	106	93	96
12	120	59	105	116	103	105
13	131	63	116	126	113	116
14	142	67	127	135	124	127
15	153	72	138	145	134	138
16	164	77	149	158	144	149
17	174	81	160	168	153	160
18	185	85	172	178	163	172
19	196	89	184	188	173	184
20	206	94	196	200	183	196
21	217	99	206	211	192	206
22	227	103	219	221	201	219
23	238	107	234	233	211	234



# TROUBLESHOOTING AND MAINTENANCE

Make sure all parts are properly tightened each time you use the weight system. Replace any worn parts immediately. The weight system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

## TIGHTENING THE CABLES

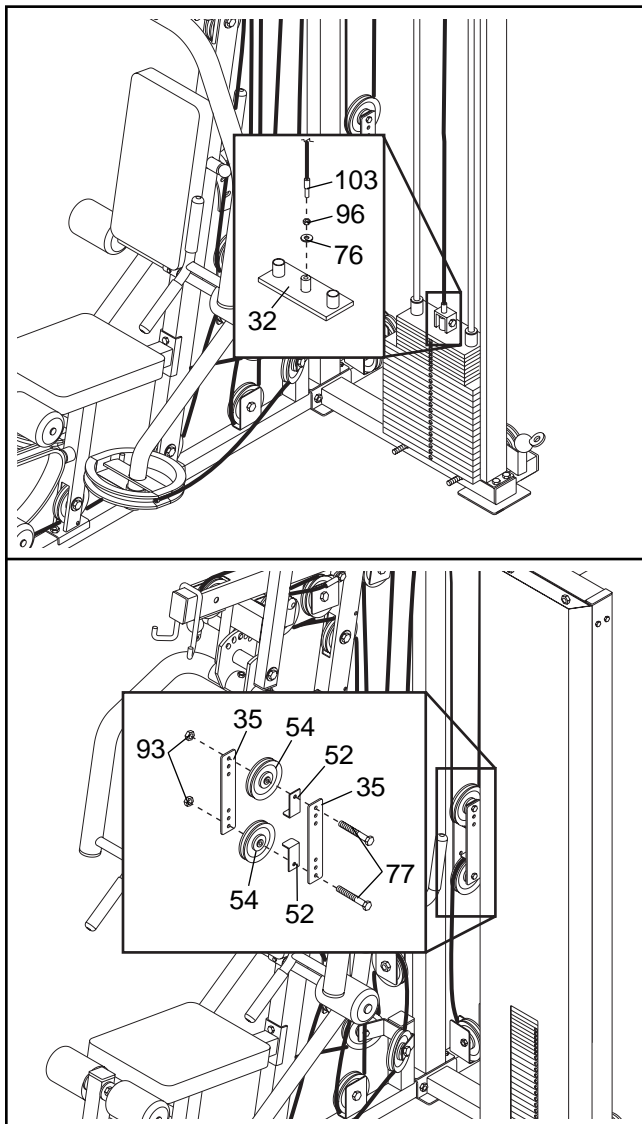
Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Make sure that the cables are not too tight, or the Top Weight (32) will be lifted off the weight stack.

Slack can be removed from the cables by tightening the bolt at the end of the Rear Cable (103) into the Top Weight (32). To do this, loosen the M12 Nut (96) on the bolt. Turn the bolt a few turns into the Top Weight, until there is no slack in the cables. Retighten the M12 Nut against the M12 Washer (76).

Additional slack can be removed by moving the lower 115mm Pulley (54) in a pair of Pulley Plates to a higher hole, or the upper 115mm Pulley to a lower hole. Remove the M10 Nylon Locknut (93) and the M10 x 50mm Bolt (77) from the Cable Trap (52), Pulley, and Pulley Plates. Re-attach the Pulley and Cable Trap with the Bolt and Locknut. **Make sure that the Cable Trap is positioned to hold the Cable in place, and that the Cable and Pulley move smoothly.**

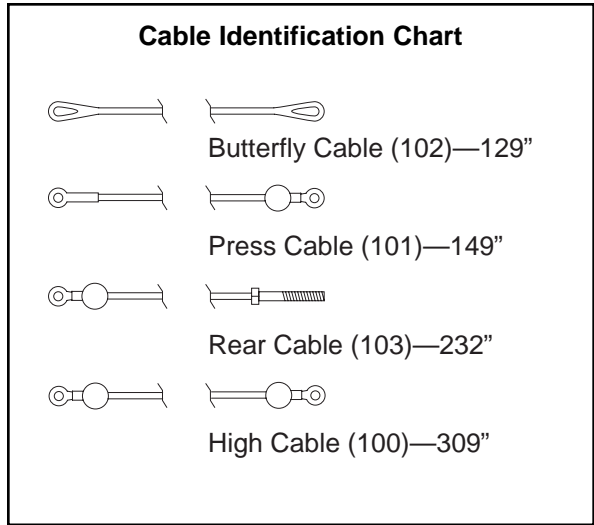
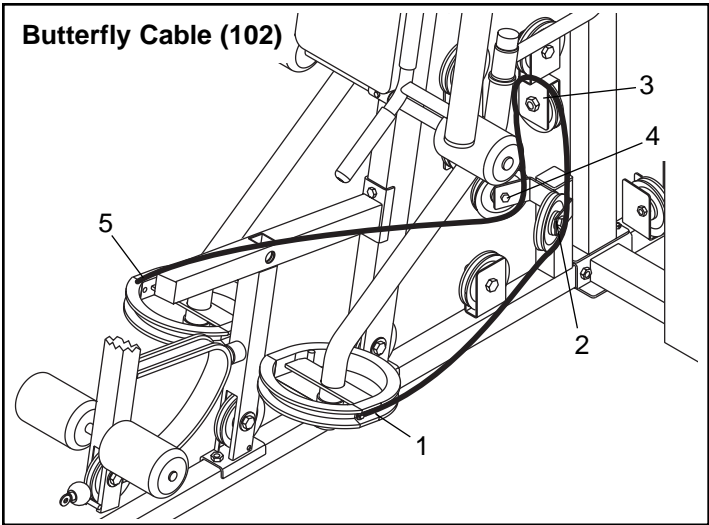
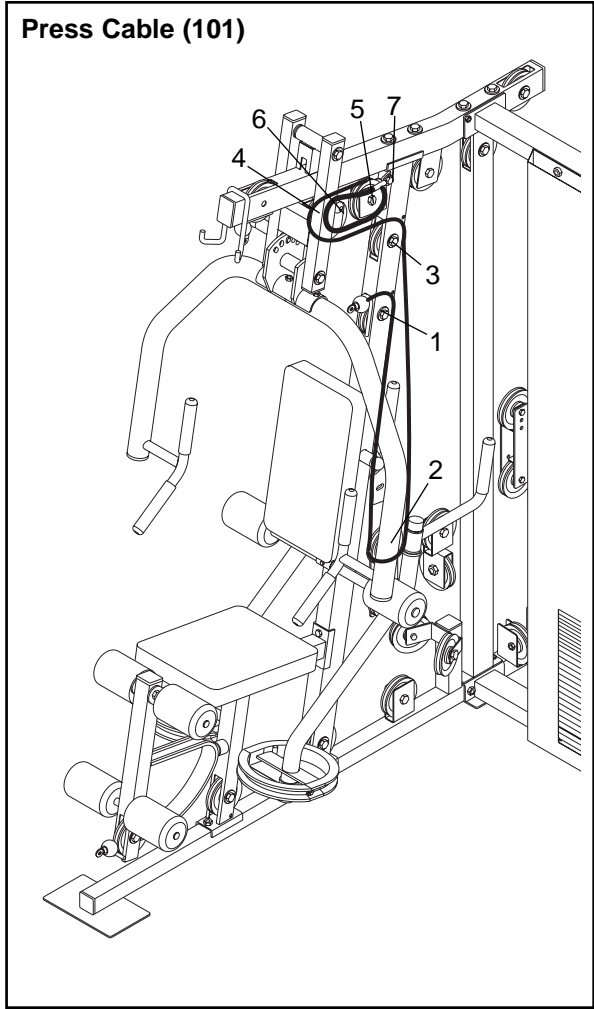
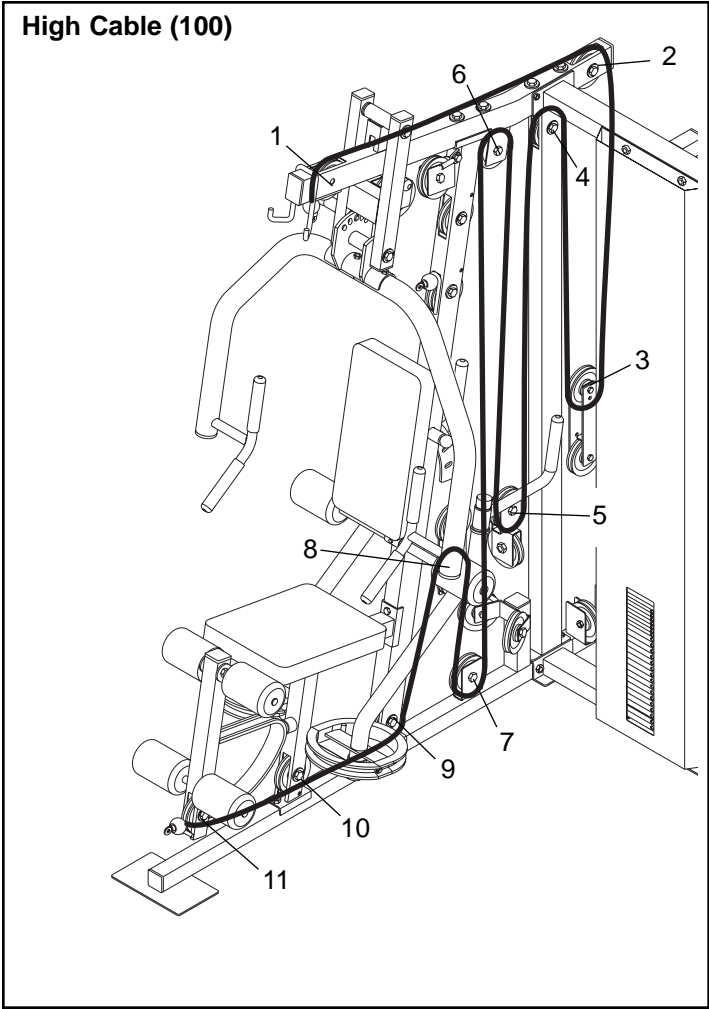
**Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.**

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

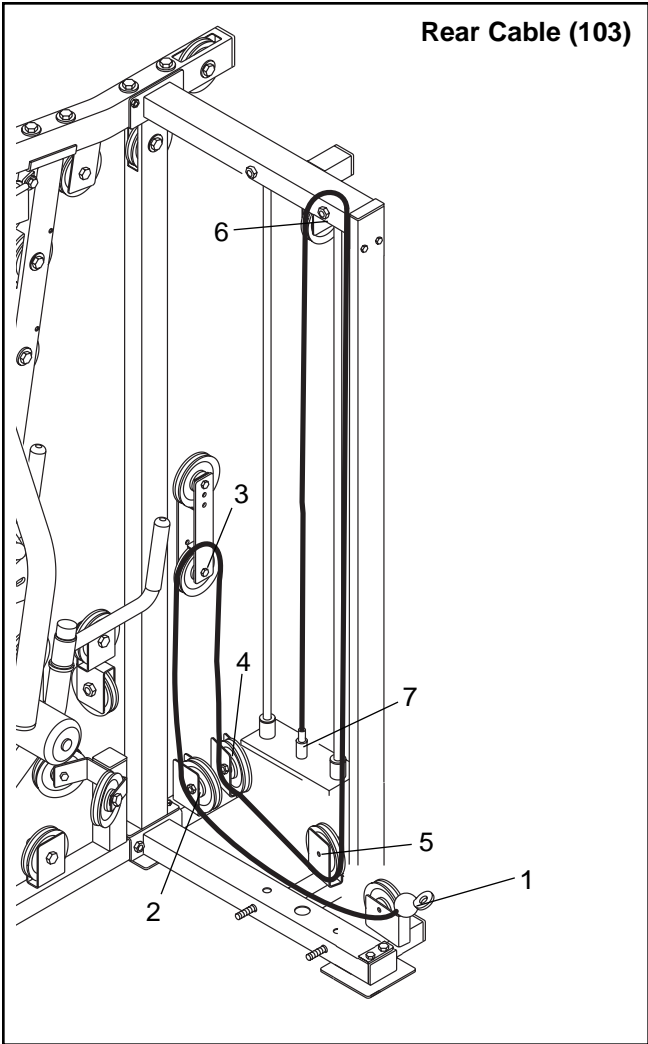


# CABLE DIAGRAMS

The cable diagrams on pages 26 and 27 show the proper routing of the High Cable (100), the Press Cable (101), the Butterfly Cable (102), and the Rear Cable (103). Use the diagram to make sure that the cables have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.** Use the Cable Identification Chart to identify the cables for assembly.



Rear Cable (103)



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday..
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 29 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

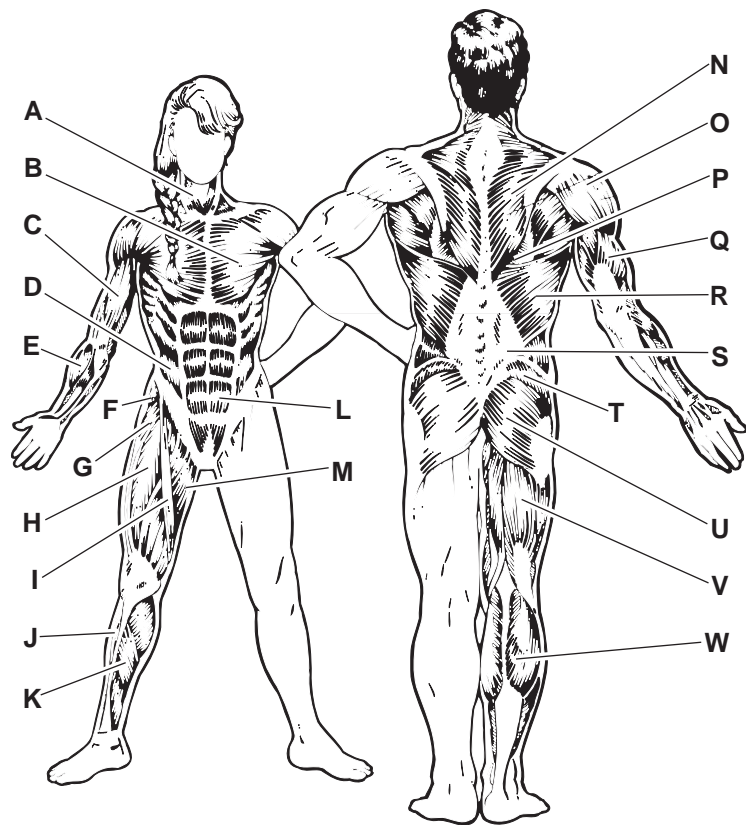
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

### STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on pages 30 and 31 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _ / _ / _				

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**TUESDAY      AEROBIC EXERCISE**

Date:  
\_ / \_ / \_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _ / _ / _				

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**THURSDAY      AEROBIC EXERCISE**

Date:  
\_ / \_ / \_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _ / _ / _				

Make photocopies of this page for scheduling and recording your workouts.

<b>MONDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _ / _ / _				

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**TUESDAY      AEROBIC EXERCISE**

Date:  
\_ / \_ / \_

<b>WEDNESDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _ / _ / _				

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**THURSDAY      AEROBIC EXERCISE**

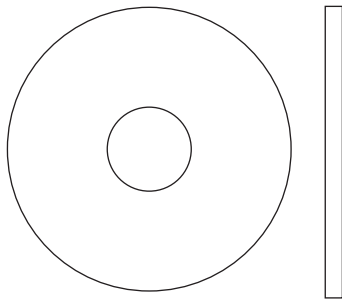
Date:  
\_ / \_ / \_

<b>FRIDAY</b>	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>
Date: _ / _ / _				

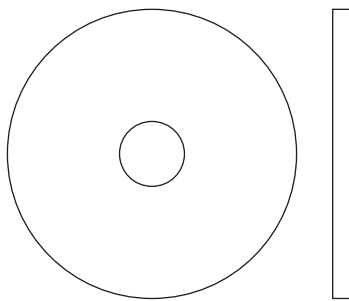
Make photocopies of this page for scheduling and recording your workouts.

# PART IDENTIFICATION CHART—Model No. NTSY59210

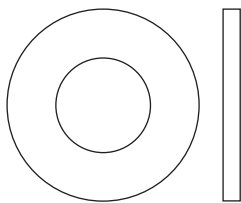
R0303A



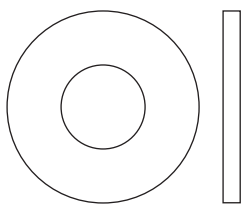
38mm Washer (95)



M8 Large Washer (53)



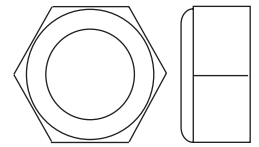
M12 Washer (76)



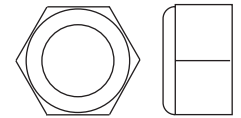
M10 Washer (89)



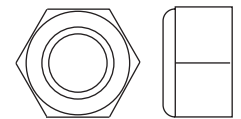
M4 Washer (24)



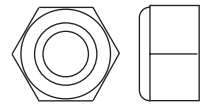
M12 Nut (96)



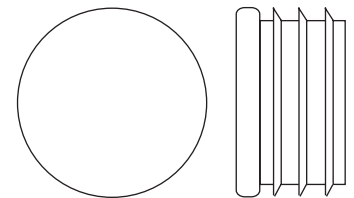
M10 Nut (25)



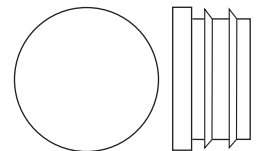
M10 Nylon Locknut (93)



M8 Nylon Locknut (75)

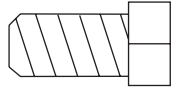


25mm Round Inner Cap (55)

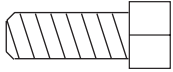


19mm Round Inner Cap (70)

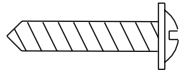




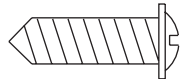
M8 x 16mm Bolt (84)



M6 x 16mm Bolt (85)



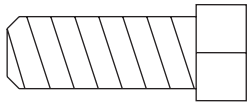
M4 x 20mm Self-tapping Screw (65)



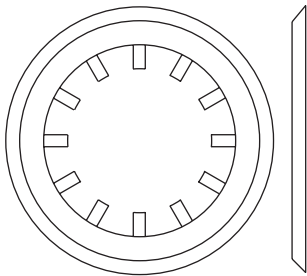
M6 x 20mm Self-tapping Screw (63)



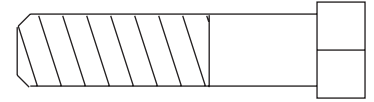
M10 x 25mm Short Thread Bolt (105)



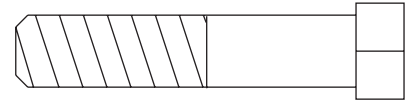
M10 x 25mm Bolt (82)



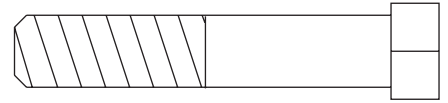
1" Retainer (44)



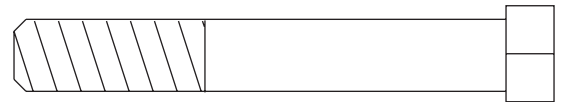
M10 x 40mm Bolt (83)



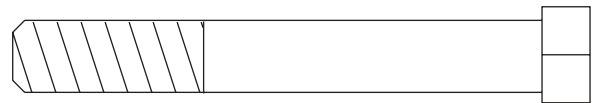
M10 x 45mm Bolt (86)



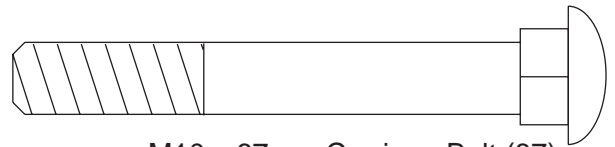
M10 x 50mm Bolt (77)



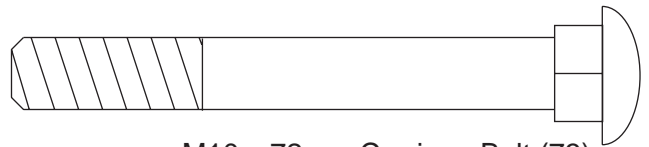
M10 x 65mm Bolt (88)



M10 x 70mm Bolt (79)



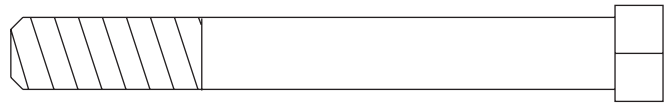
M10 x 67mm Carriage Bolt (87)



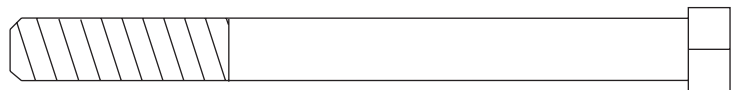
M10 x 72mm Carriage Bolt (73)



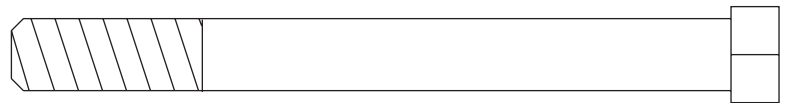
M10 x 75mm Bolt (99)



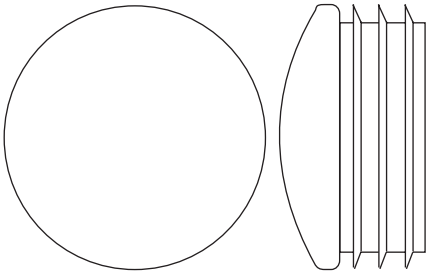
M10 x 80mm Bolt (92)



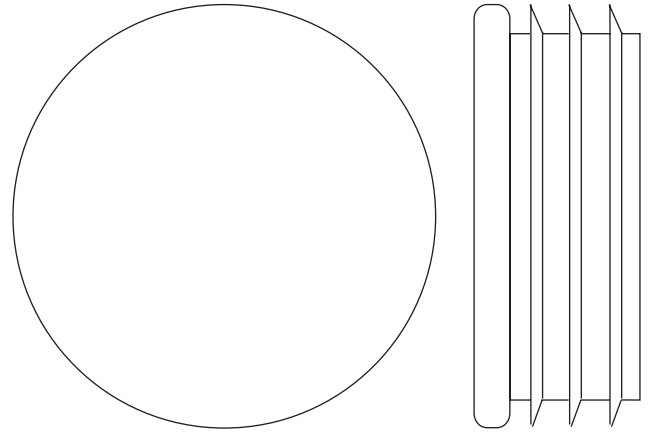
M8 x 90mm Bolt (90)



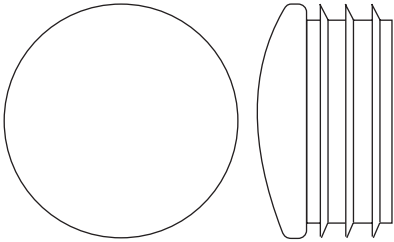
M10 x 95mm Bolt (80)



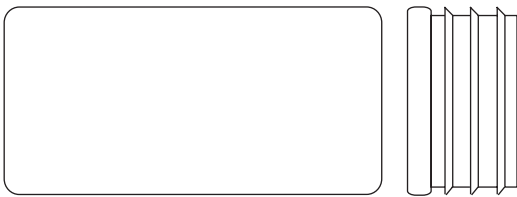
35mm Round Inner Cap (39)



56mm Round Inner Cap (71)



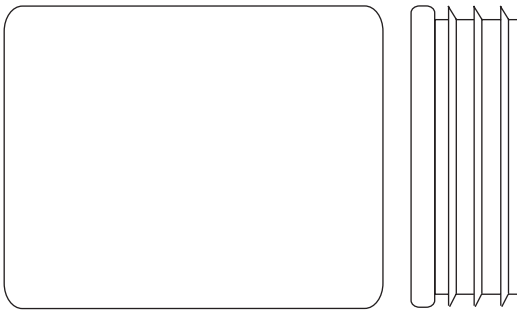
31mm Round Inner Cap (50)



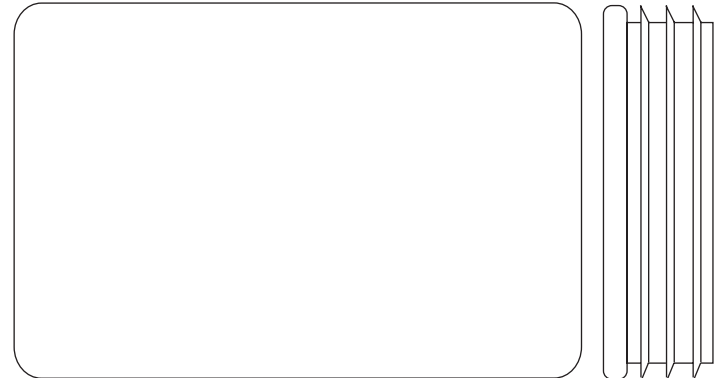
25mm x 50mm Inner Cap (69)



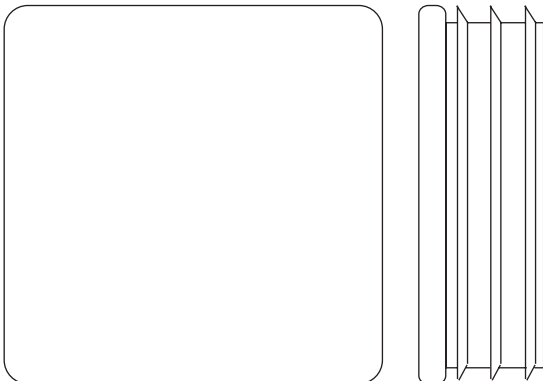
26mm x 76mm Inner Cap (74)



40mm x 50mm Inner Cap (67)



50mm x 75mm Inner Cap w/ Slot (95)



50mm Square Inner Cap (72)



50mm x 75mm Inner Cap (68)

# PART LIST—Model No. NTSY59210

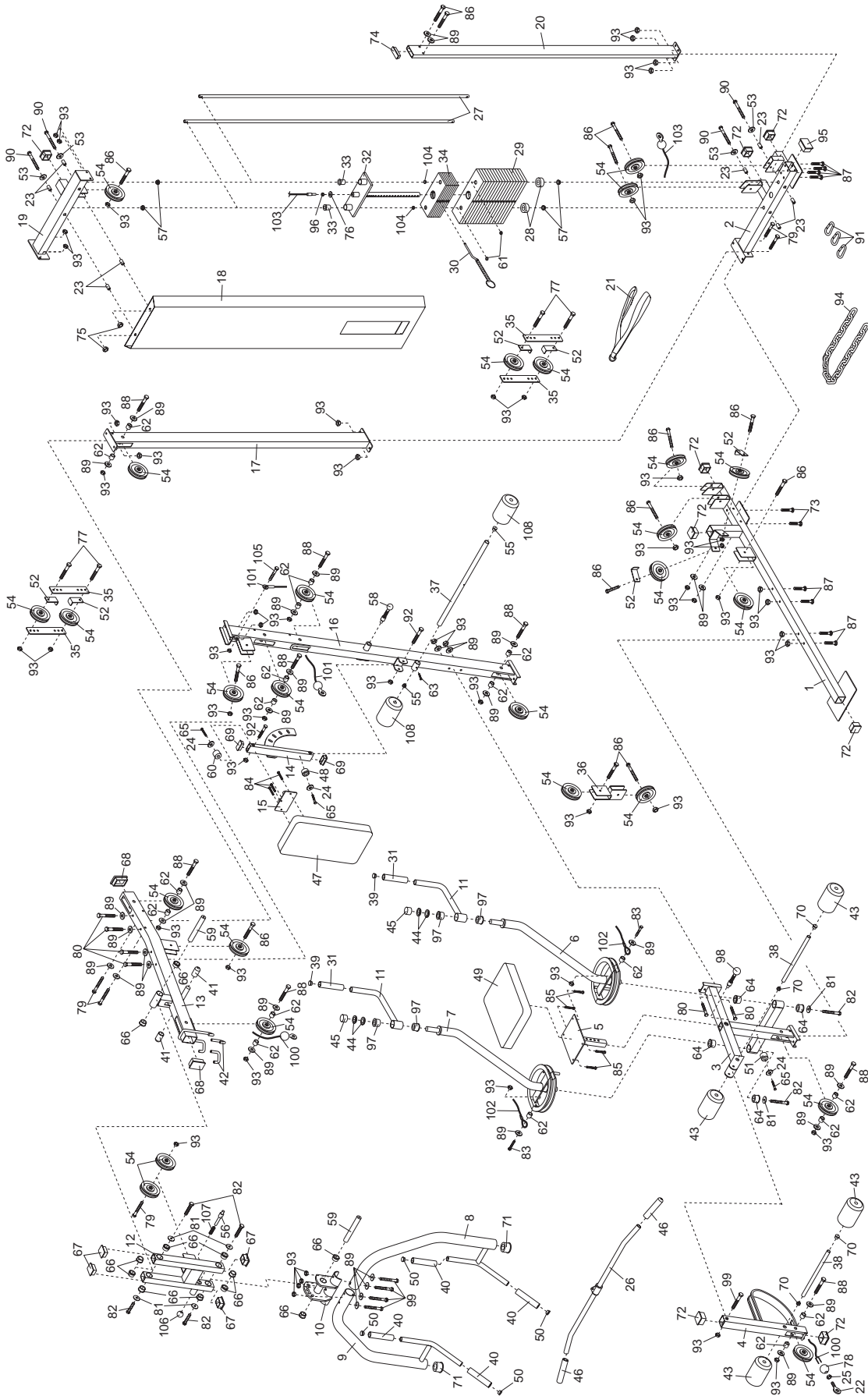
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Press Base	58	1	Pin w/ Knob
2	1	Rear Base	59	2	Long Support Rod
3	1	Seat Frame	60	1	25mm Bumper
4	1	Leg Lever	61	32	10-pound Weight Bushing
5	1	Seat Bracket	62	18	15mm x 12mm Spacer
6	1	Left Butterfly Arm	63	1	M6 x 20mm Self-tapping Screw
7	1	Right Butterfly Arm	64	4	Butterfly Arm Bushing
8	1	Left Arm	65	3	M4 x 20mm Self-tapping Screw
9	1	Right Arm	66	12	Large Support Rod Bushing
10	1	Press Bracket	67	4	40mm x 50mm Inner Cap
11	2	Butterfly Handle	68	2	50mm x 75mm Inner Cap
12	1	Press Frame	69	2	25mm x 50mm Inner Cap
13	1	Press Top Frame	70	4	19mm Round Inner Cap
14	1	Backrest Frame	71	2	56mm Round Inner Cap
15	1	Backrest Bracket	72	8	50mm Square Inner Cap
16	1	Press Upright	73	2	M10 x 72mm Carriage Bolt
17	1	Right Upright	74	1	26mm x 76mm Inner Cap
18	1	Shroud	75	2	M8 Nylon Locknut
19	1	Rear Top Frame	76	1	M12 Washer
20	1	Left Upright	77	4	M10 x 50mm Bolt
21	1	Ab Strap	78	1	Cable Ball
22	1	Cable Eye	79	5	M10 x 70mm Bolt
23	8	15mm x 30mm Spacer	80	6	M10 x 95mm Bolt
24	3	M4 Washer	81	6	38mm Washer
25	1	M10 Nut	82	6	M10 x 25mm Bolt
26	1	Lat Bar	83	2	M10 x 40mm Bolt
27	2	Weight Guide	84	3	M8 x 16mm Bolt
28	2	Weight Bumper	85	4	M6 x 16mm Bolt
29	16	10-pound Weight	86	14	M10 x 45mm Bolt
30	1	Weight Pin	87	8	M10 x 67mm Carriage Bolt
31	2	Large Handgrip	88	8	M10 x 65mm Bolt
32	1	Top Weight	89	34	M10 Washer
33	2	Top Weight Bushing	90	4	M8 x 90mm Bolt
34	7	5-pound Weight	91	3	Cable Clip
35	4	Pulley Plate	92	2	M10 x 80mm Bolt
36	1	Double "U"-bracket	93	57	M10 Nylon Locknut
37	1	Long Pad Tube	94	1	Chain
38	2	Short Pad Tube	95	1	50mm x 75mm Inner Cap w/ Slot
39	2	35mm Round Inner Cap	96	1	M12 Nut
40	4	Long Handgrip	97	4	Butterfly Handle Bushing
41	2	Rod Cover	98	1	Seat Knob
42	2	Barbell Hook Sleeve	99	5	M10 x 75mm Bolt
43	4	Foam Pad	100	1	High Cable
44	4	1" Retainer	101	1	Press Cable
45	2	Round Cover Cap	102	1	Butterfly Cable
46	2	Handgrip	103	1	Rear Cable
47	1	Backrest	104	14	5-pound Weight Bushing
48	1	38mm Bumper	105	1	M10 x 25mm Short Thread Bolt
49	1	Seat	106	1	Knob w/Threads
50	4	31mm Inner Cap	107	1	Spring
51	1	Bumper	108	2	Foam Pad w/Large Hole
52	6	Cable Trap	#	1	User's Manual
53	4	M8 Large Washer	#	1	Exercise Guide
54	26	115mm Pulley	#	4	Spare M10 x 67mm Carriage Bolt
55	2	25mm Round Inner Cap	#	2	Spare M10 x 50mm Bolt
56	1	14mm Pin	#	4	Spare M10 Washer
57	4	Weight Guide Bushing			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. NTSY59210

R0303A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. MST (excluding holidays). Please be prepared to give the following information:

1. The MODEL NUMBER of the product (NTSY59210)
2. The NAME of the product (NordicTrack® GRT 950 weight system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual).

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## LIMITED WARRANTY

**WHAT IS COVERED**—The entire NordicTrack® GRT 950 weight system (“Product”) is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. (“ICON”), warrants the product frame for five years after the date of purchase. ICON warrants all other parts for one year after the date of purchase. Labor is covered for one year.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”).

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER’S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**